

Family Medicine Matters

Volume 2, Issue 1, 2021

FAMILY AND COMMUNITY MEDICINE NEWSLETTER



Department of Family and Community Medicine (photo taken in accordance with UTSW policy at time of event)

MESSAGE FROM THE CHAIR

Welcome Back!

It's been a long time since our last issue of Family Medicine Matters. The last year and a half has been quite a journey for all of us.

We've seen a lot of change and growth and welcomed a number of new faculty and staff. We've sent off two classes of graduates and said goodbye to a few close friends and colleagues.

As you'll see in the following pages, a number of our faculty have taken on new roles, participated in (mostly virtual) faculty development experiences, and embarked on new endeavors.



I look forward to publishing this newsletter two to three times annually going forward, and hope you enjoy catching up with us!



F. David Schneider, M.D.

New Faculty

We extend a warm welcome to the newest faculty to join our department.

Dr. Andrea Jochim grew up in California and lived many years in New York City. She completed her residency at the University of Washington in Seattle. She enjoys spending time in the great outdoors, and loves hiking, biking, horseback riding, and swimming. She's also a cat lover!



Dr. Christine Liu grew up in Northern California. She attended Tulane in New Orleans for medical school, then did her residency at In His Image Family Practice in Tulsa. After residency she spent two years in East Asia as a medical missionary for Samaritan's Purse. She enjoys reading biographies, learning new languages (or attempting to), eating street food, and Golden State Warriors basketball. She lives in Allen with her husband Kenny, her son Micah (age 9), and her daughter Abby (age 6).

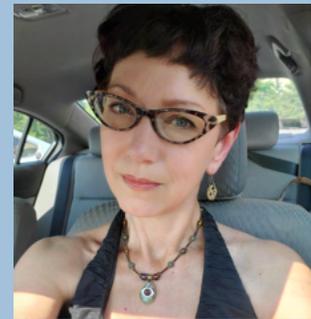


New Staff

Allison Cook - Education Coordinator
 "I have over 15 years of experience in the fields of health care, education, grant management, project management, and communications. I hold a B.S. in Community Health Education from Texas A&M and a master's degree from Campbell University in North Carolina. I am married to Matt and have two kids in high school, Nathaniel and Caroline. I love to read, travel, and eat excellent food that I don't have to cook. Restaurant recommendations are welcome!"



Kimberly Eden - Senior Administrative Assistant
 "Prior to joining the UTSW family, I worked as a photographer. I attended Bennington College in Vermont, and am the proud mom of Morgan, a theater student at Booker T. Washington High School for the Performing and Visual Arts. I enjoy volunteering, playing Dungeons & Dragons, and am way too excited about the upcoming "Dune" film. I'm also a crazy cat lady."



Sharonda Smith - Education Assistant
 "I am from Dallas. I previously worked in higher education, as well as in public and charter school districts with elementary and middle/high school students. It is wonderful to be a part of the Family and Community Medicine Department at UTSW!"



Dr. Jared Morphew grew up in Texarkana, attended medical school at UTSW, and did his family medicine residency at John Peter Smith Hospital in Fort Worth. He completed fellowships in geriatrics (University of Michigan) and hospice and palliative medicine (Duke University). He enjoys traveling, cooking, shopping, running, reading, trivia, and attending plays and musicals.



Maggie Smith is our Medical Family Therapy doctoral intern. She grew up in Atlanta and earned her undergraduate degree from Auburn University. She received her master's degree in couples, marriage, and family therapy from East Carolina University and is currently working toward her Ph.D. at Texas Tech. When she's not working, you'll find her "reading, fangirling over Taylor Swift, or becoming way too emotionally invested in an Auburn sports game."



Faculty Achievements

Dr. Liz Arnold was invited in May 2021 to participate in the NIH's National Institute of Dental and Craniofacial Research Special Emphasis Study Section on Ending the HIV Epidemic.

Dr. Nora Gimpel is participating this year in the Hedwig van Ameringen Executive Leadership in Academic Medicine program (ELAM), a prestigious yearlong fellowship that aims to expand the national pool of qualified female candidates for leadership positions in academic medicine, dentistry, public health, and pharmacy.

Dr. Emily Levy Kamugisha recently completed the Graduate Certificate in Academic Medicine (GCAM), a one-year program through the University of North Texas Health Science Center in Fort Worth that covers four main topic areas: Clinical Teaching, Curriculum Design, Professional Academic Development, and Research and Scholarly Activity. Participants are responsible for completing two projects - a curriculum design project and a scholarly activity.

Dr. Safia Khan is a member of the accreditation committee for the American Academy of Sleep Medicine. Additionally, Dr. Khan will complete the LEAD program, a yearlong program for development of leadership among faculty in academic departments. Her capstone project for the LEAD program is "Building a Successful Didactics Delivery Method in Yearlong Fellowships Across the U.S." Finally, Dr. Khan has signed a book contract with Springer for a book on sleep disorders in women, set for publication in spring 2022.

Dr. Victoria Udezi was accepted into the Society of Teachers of Family Medicine Leadership through Scholarship Fellowship. This yearlong fellowship offers training and mentorship for early-career underrepresented in medicine minority faculty with a focus on developing scholarly writing skills for academic advancement and leadership.

Clinic News

Gold PACT Cards

The PACT program recognizes employees who exhibit exceptional behaviors that achieve the goal of "excellence in patient care and customer service that we would be proud for our families, friends, and ourselves to receive." Gold PACT cards were awarded to **Dr. Emily Levy Kamugisha** from THD and to **Keneshia Reed, Ruenda Escamilla, Melissa Friedman, and Susanna Vazquez** from FMHC. Congratulations!



Employee Appreciation Week

June 7-11 was Employee Appreciation Week, and the department celebrated by providing lunch to staff at our home office and each clinic.



Spirit of Caring

Family Medicine Medical Clinic supervisor **Amanda Hooe** received the 2021 Spirit of Caring Award, created by UT Southwestern to recognize staff and faculty who have been working on campus throughout the pandemic and who exemplify the values of excellence, innovation, teamwork, and compassion. Winners were awarded a certificate and \$150 in appreciation of their incredible efforts. Way to go, Amanda!

New Location for Parkland Clinic

The Parkland Clinic is moving to a new location on Mockingbird Lane. This new location will put the clinic closer to the community and be more accessible to patients. Faculty leaders have been busy working with Parkland staff and architects to design the space.

Primary Care Service Line

The Department of Family and Community Medicine continues our mission to serve the community with the addition of new clinics opening across the Metroplex over the next 10 years.

This effort is a collaboration between our department and the Department of Internal Medicine, and is spearheaded by **Dr. F. David Schneider** (Department Chair of Family and Community Medicine), **Dr. Thomas Wang** (Department Chair of Internal Medicine), **Marcia Schneider** (V.P. for Health Systems Strategy) and **Christopher Madden** (V.P. and C.O.O. of the Medical Group).

Our first three practices for the service line are slated to open in Frisco, the UT Southwestern Moncrief Medical Center in Fort Worth, and Red Bird in southern Dallas.

We look forward to the opportunity to broaden primary care access across the Metroplex and are currently seeking experienced family physicians who are looking to build a practice.



Photo taken in accordance with UTSW policy at time of the event

Residency Graduation 2021

On June 26, we gathered to celebrate the achievements of the residency class of 2021. Congratulations to the following doctors for completing their three-year residency at UT Southwestern: Dr. Emily Assavapisitkul, Dr. Samah El-Khaled, Dr. Ashna Ghazal, Dr. Alexis Goswitz, Dr. Eric Gustafson, Dr. Contrina Huffman, Dr. Oscar Molina, Dr. Kristal Munez, Dr. Saba Mushtaq, Dr. Stephanie Nguyen, Dr. Nancy Phan, Dr. Joshua Richard, Dr. Kristen Stephenson, and Dr. Tenzin Tsewang. We wish you all the best on the next part of your journey in medicine!



All photos were taken in accordance with UTSW policy at time of event



Welcome New Residents!

On June 16, the new class of 2023 residents began their orientations at THD and Parkland. We extend a warm welcome to Dr. Haneen Abdelkhaleq, Dr. Rabeea Ahmad, Dr. Rupini Alla, Dr. Liliana Bonilla, Dr. Evan Dittmar, Dr. Juliana Dixon, Dr. Waale Gbara, Dr. Priyanka Jethwani, Dr. Kay Min, Dr. Bishop Mitchell, Dr. Mouctika Paluri, Dr. Luiz Santos, Dr. Prachi Thapar, and Dr. Sandy Trevizo. We're excited to have you on board!



Community Health Fellowship Program

This year marked 18 years of the Community Health Fellowship Program (CHFP). This popular program ran from June 7 to August 6 this year and introduced first-year medical students to community-based participatory research and emphasized the importance of collaboration in addressing community health problems in underserved communities.

The goal of CHFP is to help community-based organizations identify the needs of those they serve, investigate how well those needs are being met, and provide information that can be used to obtain and coordinate additional resources. Projects benefit the participating organization while teaching medical students the value of collaboration to achieve optimal health outcomes among underserved communities.

The program gives students an opportunity to:

- Address the health care needs of inner-city, at-risk, and underserved patients
- Obtain real-world clinical experience treating patients under the direction of a mentor
- Gain applied research knowledge through a combination of classroom training and a community health agency-based research project



Community Health Partnerships

Our efforts create, maintain, and enhance collaborative relationships with numerous Dallas agencies to improve health outcomes in our community.

Our longest-running partnership is with North Dallas Shared Ministries, an interfaith community of volunteers, partners and collaborators providing charitable assistance to people in need. Since 2006, our student-run clinic has provided free medical care to low-income residents in 24 Dallas zip codes.

Community Health will soon be partnering with The Nexus Recovery Center, a nonprofit organization that helps women overcome substance and alcohol abuse. We will be providing services to these patients, many of whom are pregnant or have children, and haven't had access to a family doctor.



CHFP Projects

Parker Brady studied the impact of health literacy in youth aging out of foster care.

William Burton worked with a community clinic to provide free blood pressure monitors to low-income patients.

Samantha Mendoza matched human trafficking victims to crisis health care at a community clinic.

Hannah Miller studied the impact on student food selections at a Montessori school.

Maria Rodriguez screened patients and their relatives for familial hypercholesterolemia at a community clinic.

Narda Salinas worked to identify the needs, barriers, and resources in Dallas to better care for children in immigrant families who are uninsured or underinsured.

CHFP students also visited local organizations to learn about opportunities to work with the underserved community, including North Dallas Shared Ministries (see above), The Bridge, Cafe' Momentum, and the Downtown Dallas Inc. outreach team.

Covid-19 Mental Health Study

Dr. Emily Levy Kamugisha recently led an unfunded study about the impact of Covid-19 on the mental health of patients in the clinic. Here is her description of the study and its findings:

Title: The Effects of COVID-Related Stressors on Anxiety and Depressive Symptoms During the COVID-19 Pandemic

The COVID-19 pandemic brought on rapid changes to society that resulted in new stressors on the health and well-being of individuals and communities. After noting increased rates of anxiety and depressive symptoms among our primary care patients, I began wondering how family physicians and behavioral health clinicians could better identify those at risk for anxiety and depression during the pandemic. In collaboration with multiple faculty members and residents in our department, we sought to better understand the impacts of COVID-19 on the mental health of our patients. Our goal was to assess whether a pre-COVID-19 pandemic depression screening score (PHQ-2) was a predictor for mental health distress during the pandemic. Secondary outcomes included evaluating whether COVID-related stressors, such as loss of a job, being an essential worker, or caring for dependents, were associated with an increase in severity of anxiety and depressive symptoms. We recruited 118 adult participants from our three UTSW Family Medicine clinics to complete a one-time survey. We used the Generalized Anxiety Disorder Assessment (GAD-7) and Patient Health Questionnaire 9 (PHQ-9) to measure anxiety and depressive symptoms.

Of those surveyed, 13.8% had personally been diagnosed with COVID-19, 62.1% had a family member or friend with COVID-19, and 21.6% had a family member or friend die from COVID-19. Although a majority of participants (83.9%) had a baseline PHQ-2 score of < 2 (considered a negative screen),



50.9% self-reported a pre-pandemic mental health illness diagnosis. Over one-fourth required additional treatment for their mental health during the pandemic and 8.5% felt they needed more treatment but could not access or afford treatment. About half expressed more than a minimal severity of symptoms of anxiety (48.4%) and depression (51.3%) at the time of the survey. Those participants with a pre-COVID-19 pandemic depression screening score of 2 or more had significantly higher symptoms of anxiety and depression compared to those with a negative depression screening. During the pandemic, overall anxiety symptoms changed but remained mild in severity, but depressive symptoms increased from mild to moderate in severity. COVID-19 related stressors were positively and moderately associated with anxiety and depressive symptoms. There was no significant difference between nonessential and essential workers in terms of anxiety and depression.

Based on this study, it appears that COVID-19-related stressors impact symptoms of anxiety and depression among our primary care patients. Gathering information from patients about the stressors in their lives and offering support services, such as behavioral health care, is important for primary care physicians. Likewise, we should remain vigilant in our assessment of patients with pre-existing depressive symptoms, as they may be at more risk for worsening mood symptoms during the pandemic. In the future, we hope to continue to understand how this pandemic has impacted patients' lives over time to better inform the care we provide.

Faculty Publications

Caring for a Loved One With Cancer During the Pandemic

In the article "Incidental Connection: Cancer and Caregiving During COVID-19", **Dr. Sarah Woods** explores the connection between a life-changing cancer diagnosis and the societywide upheaval caused by COVID-19. She describes her experience with her husband Jesse during his diagnosis and treatment for mesothelioma during the height of the pandemic. Each stage of the illness aligned with a new stage of the pandemic. Dr. Woods found herself in the position of having to advocate for her husband from a distance during his treatments and final surgery. Dealing with a cancer diagnosis and treatment comes with its unique share of stress, but this was compounded by COVID-19.

Woods, S.B. (2021). Incidental Connection: Cancer and Caregiving During COVID-19. *Families, Systems, & Health*, 39(1), 165.

"A Short Glimpse Was Enough"

Her granddaughter helps her turn on the video and she waits

She is speaking words I can't hear, but I can see her clothes fit better

Her granddaughter comes back to troubleshoot the audio

She smiles and points to her Ensure shake, and I nod

Her granddaughter comes back and motions, frustrated, they cannot hear me

She dials the phone and we hear each other, but her video disappears

Her granddaughter apologizes for the connection difficulty

She is happy to report her appetite is better

Her granddaughter attempts connecting the video again

She comments on my pregnant belly and we laugh: Both of us are gaining weight

Reassuringly, I let her granddaughter know: We have both seen what we needed to see

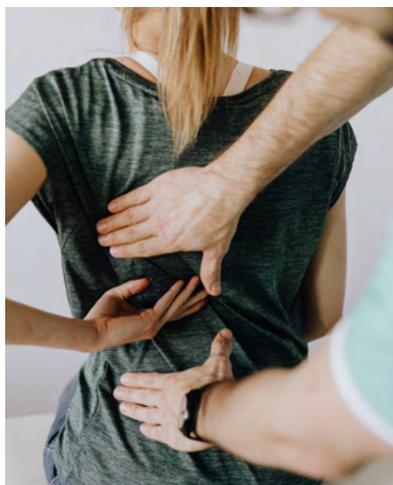
She hangs up, but I can still picture her smiling into the phone.

By **Dr. Zaiba Jetpuri**, published in *Family Medicine*

Integrative Medicine

Welcome to a new column in which we will focus on different topics related to integrative medicine.

For our first column, Chief Resident **Dr. Yaser Elqutub** shares how he first became interested in osteopathic manipulative therapy.



“My interest in osteopathic manipulative therapy (OMT) began when I first learned what osteopathy is. It was right before applying to medical school; a college buddy of mine recommended applying to a D.O. program because the curriculum had more of a holistic approach, plus we had the opportunity to heal people with our hands. I found that to be a win-win situation, so I applied to a D.O. school in Texas. I didn't really know exactly what OMT is, and it's hard to explain it until you're either doing it or you've had it done to you. OMT is a hands-on approach to alleviating any ailments in the body. Specifically, OMT targets the fascia of our body, which is a type of connective tissue that spans from head to toe. Our fascia is interconnected, so it's common that an injury or trauma to one area of the body can affect other parts of the body as well.

I've been practicing OMT for about six years now and have easily treated thousands of patients thus far. I've used OMT in just about every rotation in residency - from adults to pediatrics to OB patients and their newborns. The list of issues I've used OMT for includes headaches, muscle aches/pain, sinus issues, numbness/tingling in arms/legs, TMJ (jaw tightness), lymphatic drainage, post-surgery complications including pain, etc.

Unfortunately, what I've come to realize during residency is the lack of awareness and utilization of such a beneficial resource. Most patients and colleagues agree that such a noninvasive and hands-on approach is appropriate in treating many different problems. My goal is to continue to spread awareness amongst my colleagues and my patients, so that many more people can benefit from OMT.”

Diversity, Equity & Inclusion

Our **D.E.I. Committee** is entrusted with researching, recommending, and promoting efforts that integrate equity in all department activities and with supporting social justice through our A.R.I.S.E. framework.

A R I S E	Anti-Racism
	Recruitment, Retention & Research
	Inclusion & Quality Improvement
	Social Justice, Service & Sustainability
	Education, Empowerment & Engagement

In this column we share resources that expand appreciation and understanding of diverse perspectives, experiences, and identities.

The following is an excerpt from an online article by Anna Fader posted on the "Mommy Poppins" blog, with contributions from Gwen Glazer.

21 Kids' Books About Racism, Grouped by Age

The following list of books for children, from toddlers to teens, goes beyond celebrations of diversity; these acclaimed books educate our society and open conversations about social justice.

Picture Books

1. *Is for Activist* - Innosanto Nagara
2. *It's Okay to Be Different* - Karen Katz

Early Readers

3. *The Colors of Us* - Karen Katz
4. *Don't Touch My Hair* - Sharee Miller
5. *A Kid's Book About Racism* - Jelani Memory
6. *Lailah's Lunchbox: A Ramadan Story* - Reem Faruqi & Lea Lyons
7. *Let's Talk About Race* - Julius Lester
8. *Not My Idea: A Book About Whiteness* - Anastasia Higginbotham
9. *The Proudest Blue: A Story of Hijab and Family* - Ibtihaj Muhammed
10. *Giant Steps to Change the World* - Spike Lee & Tonya Lewis Lee

11. *Separate Is Never Equal: Sylvia Mendez & Her Family's Fight for Desegregation* - Duncan Tonatiuh
12. *Something Happened in Our Town: A Child's Story About Racial Injustice* - Marianne Celano, Marietta Collins & Ann Hazzard
13. *The Skin I'm In: A First Look at Racism* - Pat Thomas

Middle Schoolers

14. *Ten Miles Past Normal* - Frances O'Roark Dowell
15. *African American Activists* - Carol Ellis
16. *The Road to Paris* - Nikki Grimes
17. *Young Water Protectors: A Story About Standing Rock* - Aslan & Kelly Tudor, Jason Eaglespeaker

Teens

18. *All-American Boys* - Jason Reynolds & Brandon Kiely
19. *How It Went Down* - Kekla Magoon
20. *Black Lives Matter* - Sue Bradford Edwards & Duchess Harris
21. *Stamped: Racism, Antiracism, and You* - Jason Reynolds

FACULTY FAREWELLS

Dr. Philip Day accepted a new position as Associate Director of Education in the Department of Family Medicine and Community Health at the University of Massachusetts Medical School. He will work closely with the Vice Chair of Education to develop and evaluate education initiatives across the department, and will be responsible for faculty development and ethics education. Additionally, Dr. Day will work with the directors of the Massachusetts Area Health Education Center and the New England AIDS Education and Training Center.

Dr. Neelima Kale accepted a new position at the University of Kentucky College of Medicine in Lexington, Kentucky, where she will be the Vice Chair for Family Medicine.



Dr. Imam Xierali is now the Policy and Research Lead at the Accreditation Council for Graduate Medical Education. He will work on identifying best practices in GME communities for meeting ACGME core requirements, and for producing a diverse and competent physician workforce. By extracting information from data that agencies are reporting to ACGME and reporting on ways to improve data standards, Dr. Xierali will help Review Committees in their work.

FACULTY PUBLICATIONS

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Woods, S.B., Bridges, S.K., Carpenter, E.N. (2020). The Critical Need to Recognize That Families Matter for Adult Health: A Systematic Review of the Literature. *Family Process*, 59(4), 1608-1626.

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Day, P.G., Satin, D., Lennon, R.P., Tunzi, M. (2021). Utilizing Community Research Committees to Improve the Informed Consent Process. *The American Journal of Bioethics*, 21(5), 73-75.

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Martin-Engel, L., Allen, J., Alencar, A., Levin, S., **Udezi, V., Pagels, P., Eary, R.** (2021) Improving Readiness to Manage Intimate Partner Violence in Family Medicine Clinics by Collaboration With a Community Organization. *PRiMER*, 2021.717020 doi: 10.22454/.

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