

Stemming the tide

CCLCM students equip themselves with lifesaving knowledge, tools against opioid overdose



CCLCM once again hosted a naloxone training and education session with Project DAWN (Deaths Avoided with Naloxone), an opioid education and naloxone distribution program connected with the Ohio Department of Health. The goal of Project DAWN is to educate and equip community members to recognize and respond to an opioid overdose.



continued >>



A trainer from Project DAWN showed the roughly 40 students and faculty who attended the session how to recognize the signs and symptoms of an opioid overdose; how to administer naloxone and perform rescue breathing; and how to stay safe when responding to an opioid emergency. Naloxone, or Narcan, is a safe medication that can reverse the effects of an opioid overdose to prevent death. Each person who attended the training received a free naloxone kit.

The training event, held on Feb. 10 at the Samson Pavilion, was organized by Matt Nagy ('23) and Aditya Banerjee ('23). Matt's interest in organizing this event stemmed from his participation in the annual Rural Health Scholars Retreat last fall in Hocking Hills, Ohio. When Matt was about 15 minutes outside of Hocking Hills, he passed a car stopped along the side of the road, with a young man hanging out of it. Immediately, Matt thought "overdose."

"I kept thinking about what I could do to help," he says. "But without naloxone, there's not much I could have done." By the time Matt was able to turn around, the car was gone, replaced by a police car. Although Matt doesn't know what happened to the young man, he knew that he wanted to be prepared if he found himself in that situation again.

Stemming the tide *continued*

“That’s what made this training session so valuable. Not only do you get trained, but you also get the tools, namely naloxone, to help,” says Matt.

Last year, Jatin Narang ('22) organized the CCLCM opioid training event as a result of his time as coordinator for the Community Health Initiative. “We had a patient there who overdosed on opioids, and the students realized we were not really comfortable recognizing signs of overdose or with administering naloxone,” he says.

Jatin surveyed the students both before and after the training session and, with the help of Executive Dean Bud Isaacson, MD, Associate Professor of Medicine, presented the results at the Case Medical Research Retreat.

Similarly, Aditya created pre- and post-surveys to measure the influence of this year’s training session on students’ feelings of preparedness. “Prior to the training, we found that most students did not feel confident recognizing overdose or administering naloxone. However, they did feel that adding naloxone training to medical education was valuable,” says Aditya.

Although the post-training survey results have not been fully tabulated, Aditya and Matt are confident that students will report a sense of preparedness in the event of an opioid overdose. In addition, Matt, Aditya and Jatin hope to publish the study findings and present their two-year results at the upcoming International Conference on Opioids in Boston.

[Naloxone is available for free at any Project DAWN location.](#) Find out [which Ohio pharmacies dispense naloxone without a prescription.](#) The cost of naloxone may be covered by medical insurance. If not, the cost is paid out of pocket. [Learn more about Project DAWN.](#)



Matt Nagy



Aditya Banerjee



Jatin Narang

FROM THE DEAN'S DESK



J. Harry (Bud) Isaacson, MD

We're focused on improving community health

The opioid epidemic continues to devastate lives across the nation. On average, 130 Americans die every day from an opioid overdose. Ohio ranks second in the nation for the highest rate of drug overdose death (46.3 per 100,000 people).

According to the Ohio Department of Health's 2017 [Drug Overdose Report](#), although accidental overdose deaths from prescription opioids are down – accounting for 523 of 4,854 total unintentional overdose deaths in 2017 – the death rate from overdoses involving illicit fentanyl and related drugs rose significantly, accounting for 70% of all those unintentional drug overdose deaths.

Cleveland Clinic has established a pain management committee and Opioid Task Force led by the Chair of Orthopaedics, Brendan Patterson, MD. These efforts have resulted in education efforts and significant reductions in opiate prescriptions by Cleveland Clinic providers.

The Lerner College of Medicine has also focused on the opioid epidemic as part of our goal of improving our community. The Cleveland Clinic Longitudinal Clerkship offers a seminar about the opioid epidemic and the role of the physician in treating pain and addiction. In addition, third-year students participate in an annual city-wide conference devoted to combatting the opioid epidemic.

Most recently, Matt Nagy ('23) and Aditya Banerjee ('23) organized specialized training in opioid overdose preparedness from Project DAWN (see cover story). While an accidental opioid overdose may appear hopeless, administering naloxone plays a critical role in saving a life. In Ohio, where anyone can legally administer naloxone, more than 2,000 lives have been saved already thanks to naloxone, an opioid antagonist, most of which was purchased by the state with grant money.

Please join me in congratulating Matt and Aditya for organizing this important training, and all the students and faculty who attended, with the intention of being prepared to do what they do best: saving lives.

Bud Isaacson, MD

Executive Dean

Dr. Jazmine Sutton makes TV debut

Jazmine Sutton, MD ('12), Associate Director of Diversity and Inclusion, appeared on Youngstown's WFMJ-TV to discuss the need for more diversity in healthcare.

[Watch the video clip.](#)



SAVE THE DATE!

Lerner College of Medicine Graduation

Please join us on **Saturday, May 16, at 6 p.m.** at the InterContinental Hotel to celebrate the achievements of the Lerner College of Medicine's 12th graduating class, the class of 2020.

Enjoy heavy hors d'oeuvres at the reception following the ceremony.

If you've not attended the graduation celebration before, please make plans to attend this uplifting event and show your support for our graduates.

Case announces interim dean of School of Medicine

Stan Gerson, MD, Professor in the Department of Medicine, has been appointed to serve as interim dean for the Case Western Reserve University School of Medicine and interim senior vice president for medical affairs, effective July 1.

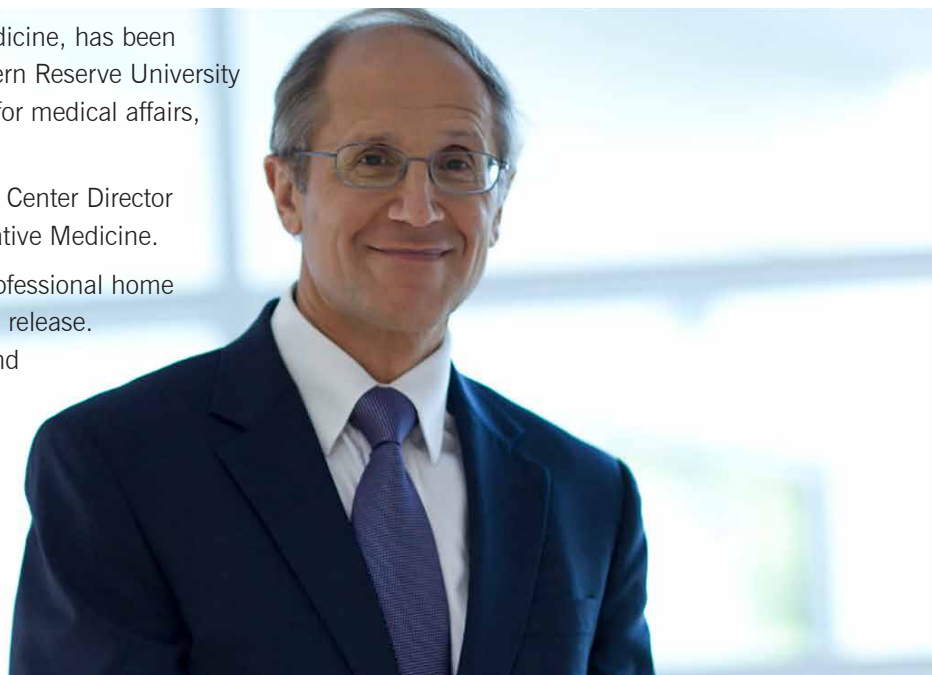
Dr. Gerson serves as the Case Comprehensive Cancer Center Director as well as director of the National Center for Regenerative Medicine.

"This medical school and university have been my professional home for more than 30 years," Dr. Gerson said in an official release.

"I am honored by the confidence that the president and provost have placed in me, and committed to do all that I can to support and advance the school during this time."

Dr. Gerson will succeed Pamela B. Davis, MD, PhD, who is stepping down as dean on June 30, 2020.

[Read the full announcement.](#)



Apply for a Medical Education Fellowship

Apply now for the 2020-21 Medical Education Fellowship, a one-year-project based longitudinal experience focused on developing excellence in the areas of teaching, assessment, curriculum development or educational research.

This fellowship is open to professional staff (MDs, DOs and PhDs) who teach medical students, residents, fellows and other health professions trainees and are interested in enhancing their expertise in education. Participants will have the opportunity to examine the theory that supports best practice as well as participate in practical exercises designed to improve their skills. Each fellow will identify a mentor who will provide guidance throughout the process and support the fellow through development of his/her educational project.

Support provided

The Education Institute will support the selected staff member's time via institute transfer of funding (\$25,000 paid in quarterly installments over the academic year) from the EI to the Medical Education fellow's department.

The deadline for applications is Friday, April 10.

[View the full fellowship description](#), which includes guidelines for submitting the required proposal. For more information, contact the Office of Educator & Scholar Development at prelosa@ccf.org or Colleen Colbert, PhD, at colberc2@ccf.org.



Submit your creative work to *Stethos*

Submissions are open for the 10th issue of *Stethos*, the medical humanities journal of the Cleveland Clinic Lerner College of Medicine. In previous issues, *Stethos* has provided a wonderful forum to showcase the incredible diversity and creativity of our students, faculty and colleagues, and we hope to continue this tradition in our 10th issue.

We are seeking **submissions of short fiction, reflective writing, poetry, personal narrative, essays, artwork and photography**. Submissions may be about **any medicine-related topic or reflection**; if you have a question about a specific topic, please reach out and ask.

In celebration of our 10th anniversary, we will be organizing a feature piece highlighting reflections from past and present students (from any school/discipline). To contribute to this feature, we encourage you to consider writing a letter to your past or future self about lessons you have learned, dreams you hope to achieve, predictions about the world — the list goes on and on!

[View previous issues of *Stethos*](#) to see examples of published works.

The deadline for submissions is Monday, March 9, 2020.

Submission guidelines

Send submissions using the [online form](#).

- Up to four submissions per author; please send each submission on a separate form
- Prose should be less than 2,000 words, submitted in Microsoft Word
- Poems should be less than 75 lines, submitted in Microsoft Word
- Submit all photographs and artwork as a jpeg file (we will contact you later for high-quality file format)
- All photographs and artwork must include a caption
- Save the submission/illustration as the title (or abbreviated title) followed by the author's last name. For example, the article, "Generic" by Dr. Jones, would be saved as Generic_Jones.doc

Review process

All submissions will be peer-reviewed by a student-run editorial board consisting of co-editors and two editors-in-chief. The editorial board will review contributions for originality, style and content.

Patient consent/confidentiality

Our confidentiality policy is based on the Health Insurance Portability and Accountability Act of 1996 (HIPAA). [Please refer to this document for questions about patient confidentiality](#). As a rule, authors/artists should protect the confidentiality of all individuals whose personal details may be revealed without their consent.

For questions or issues regarding submissions, please contact the editors at cclcmhumanities@gmail.com.



STUDENT SPOTLIGHT:

Brittany Goldstein

For Brittany Goldstein ('20), attending medical school was a foregone conclusion. From a young age, she knew she wanted to be a psychiatrist. "I loved talking to people about their problems," she says. "Even my mom used to say I'd likely be a therapist when I grew up."

Brittany's love for psychology was truly ignited in high school after a teacher shared his personal mental health experience, which included seeing a psychiatrist. Through his experience, she learned what a career in psychiatry entailed. "After hearing of how a psychiatrist helped him, it felt like a good fit," she says.

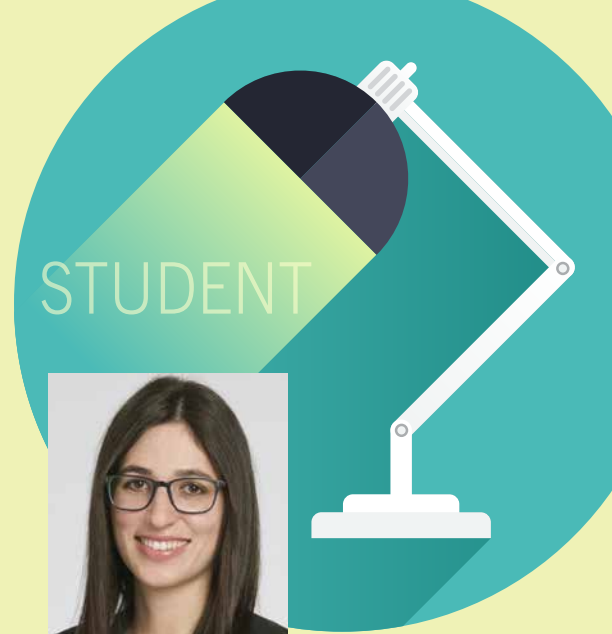
Brittany, a Chicago native, studied psychology at Emory University in Atlanta, Ga. After undergrad, she wished to incorporate research into her continued education; therefore, when the offer to attend CCLCM came around, she knew she couldn't say no. "CCLCM was a package deal. It allowed me to continue my education while also pursuing my research," she says.

At CCLCM, Brittany's passion for psychiatry continued to evolve. "I found great mentors here, and the small class sizes aided in my professional growth," she shares. The dynamic of the college also helped shape her future goals of balancing clinical work, research and education. In fact, she hopes to one day become an educator at a medical school.

In her free time, Brittany likes to dance, participating in studio dance and dancing for fun. While at CCLCM, she participated in DocOpera all five years, including this year, although she is currently studying outside of Cleveland. She also enjoys cooking with her husband, who lives in Chicago. "My husband is an exceptional cook," she says. "He actually proposed to me with my favorite dish, which is butternut squash soup."

Brittany has found a constant companion in her furry friend, Milo, a bernedoodle. She hopes to have him therapy-certified in the near future.

As graduation draws near, some advice Brittany offers to incoming medical students is to find a mentor. "Finding a mentor is key," she says. "It doesn't matter if you find a mentor in a different field of medicine. Just having someone there that has been through the medical and scientific experience is very helpful."



Brittany Goldstein

STUDENTS AND FACULTY: Be sure to email [Laura Greenwald](#) with news about your achievements so that we can share your terrific news with our entire education community!

Dr. Robert Wirka awarded prestigious research award

He shares his work at annual Page Lecture at Cleveland Clinic

For his contributions to cardiovascular research, CCLCM alumnus Robert Wirka, MD ('10), received the 2019 Irvine H. Page Junior Faculty Research Award, sponsored by the American Heart Association Council on Arteriosclerosis, Thrombosis and Vascular Biology.

As a Page Junior Faculty Research Award winner, Dr. Wirka was invited to share his research work at the Lerner Research Institute's 36th Annual Page Lecture, honoring the late Irvine Page, MD (see sidebar), and all pioneers in heart research and care. The title of Dr. Wirka's presentation was "From GWAS to Mechanism in Coronary Artery Disease."



Robert Wirka, MD

While attending CCLCM, Dr. Wirka performed his MD thesis research in the lab of Jonathan Smith, PhD, Professor of Molecular Medicine, where he published a first-author paper on atrial fibrillation genomics. After graduation, he completed his internal medicine residency at the University of California, San Francisco, and a cardiology fellowship at Stanford University. He recently published a high impact paper in *Nature Medicine* on the cell phenotypes in atherosclerosis using the state-of-the-art method of single-cell RNA sequencing.

The Page Junior Faculty Research Award is designed to recognize investigators, early in their faculty careers, who demonstrate leadership potential in cardiovascular research.

The keynote address at the Page Lecture, held Feb. 20, was delivered by Joseph Loscalzo, MD, PhD, MA, Head of the Department of Medicine at Brigham and Women's Hospital, who spoke on "Network Medicine as a Path to Precision Medicine."

"It is so very wonderful to see one of our CCLCM alumni win the AHA Junior Page Award," says Serpil Erzurum, MD, Chair of the Lerner Research Institute and Professor of Medicine. "Dr. Page would have been so proud!"

A legend in cardiovascular medicine

Researcher and physician Irvine H. Page, MD (1901-1991), was a giant in the field of cardiovascular medicine, contributing greatly to advances in hypertension while practicing at Cleveland Clinic. In 1948, he famously co-discovered serotonin.

Dr. Page joined Cleveland Clinic in 1945 to lead the Research Division. He played a major role in starting the American Heart Association, where he served as president from 1956 to 1957. To honor him, the AHA established two awards: the Irvine H. Page Young Investigator Research Award and the Irvine Page – Alva Bradley Lifetime Achievement Award.

Among Dr. Page's many honors for his work are the Ida B. Gould Memorial Award of the American Association for the Advancement of Science, Albert Lasker Award, Gairdner Foundation International Award, Distinguished Award of the American Medical Association, Oscar B. Hunter Award, Passano Foundation Award, and the Stouffer Prize (now named the Excellence Award for Hypertension Research).

In 1955, Dr. Page graced the cover of *Time* magazine, and, in 1971, he was elected to the National Academy of Sciences.

Each year for the last 36, the Cleveland Clinic Lerner Research Institute holds its Annual Page Lecture in his honor.



IN MEMORIAM

We mourn the loss of Mohamed Naguib Attala, MD

Mohamed Naguib Attala, MD, Professor of Anesthesiology, died Feb. 16. He was 67.

Dr. Naguib joined Cleveland Clinic as a staff anesthesiologist in the Department of General Anesthesiology in 2010. He was nationally recognized for his pioneering scholarly work on neuromuscular monitoring, and his findings were translated by investigators in many publications.

He was the principal author or co-author of 130 peer-reviewed journal articles, 25 book chapters (including the premier *Miller's Textbook of Anesthesia*) and 150 abstracts. He also served on the editorial board of numerous anesthesia journals and was a past president of the International Society for Anesthesia Pharmacology.

Dr. Naguib is also celebrated for his work as an NIH-funded basic science researcher and co-founder of a company that is developing a novel therapy for neuropathic pain and Alzheimer's disease based on his research on the mechanisms of neuroinflammation.

Prior to joining Cleveland Clinic, Dr. Naguib was a Professor of Anesthesiology at The University of Texas MD Anderson Cancer Center in Houston.

"It is with deep sadness that I share with you that Mohamed has passed away. Mohamed was a nationally and internationally renowned anesthesiologist who exemplified the career of a successful academic physician. To us, he was a colleague, a friend, and a mentor. Our thoughts and prayers go out to his family," says Maged Argalious, MD, Chair of the Department of General Anesthesiology.

Dr. Naguib is survived by his wife and three daughters.



IN MEMORIAM

We mourn the loss of David Taylor, MD

David O. Taylor, MD, Professor of Medicine, died Feb. 5. He was 60 years old.

In 2001, Dr. Taylor joined Cleveland Clinic as a staff physician in the Robert and Suzanne Tomsich Department of Cardiovascular Medicine, a role he served for 19 years. He was also the Director of the Heart Failure and Transplantation Fellowship.

He served on the editorial board for many leading specialty journals and led numerous studies related to cardiac transplantation and treatment of congestive heart failure. He was once named as one of the top 27 cardiologists in the United States by *Forbes Magazine*.

Dr. Taylor's contribution to heart transplantation was recognized globally. He was President of the International Society for Heart and Lung Transplantation in 2012-13, and his contributions to the International Transplant Registry and Guidelines significantly improved the care of multiple generations of patients.

Prior to joining Cleveland Clinic, Dr. Taylor served 10 years at the University of Utah where he was Medical Director of the Cardiac Transplant Program. He was a Professor of Medicine in the Division of Cardiology at the University of Utah Medical Center, receiving five Outstanding Teaching Awards during his tenure there.

"It is with tremendous sadness that we mourn the passing of our dear colleague and friend, David Taylor," says Lars Svensson, MD, Chair of the Heart, Vascular & Thoracic Institute. "He was an outstanding physician and a strong leader. He was highly respected by colleagues and well loved by his patients."

"From his first days at Cleveland Clinic, Dr. Taylor's clinical impact and profound professional abilities were immediately evident," says Randall C. Starling MD, MPH. "He has left a legacy on our trainees and his colleagues that will impact the care of patients around the world."

He is survived by his wife, Linda, and children, Matthew, Alyssa and Mackenzie.



MARK YOUR CALENDAR

March 9-20

CCLCM Capstone

Cleveland Clinic

March 13

Tenth Annual CCLCM-wide Student Research Day

Cleveland Clinic

March 20

Match Day

Dean's Comments: 11:30 a.m.

Opening of the Envelopes: Noon

Reception following

CWRU, Tinkham Veale University Center

March 23-26

Spring OSCEs for Year Two

Cleveland Clinic

March 24

CWRU Annual Education Retreat

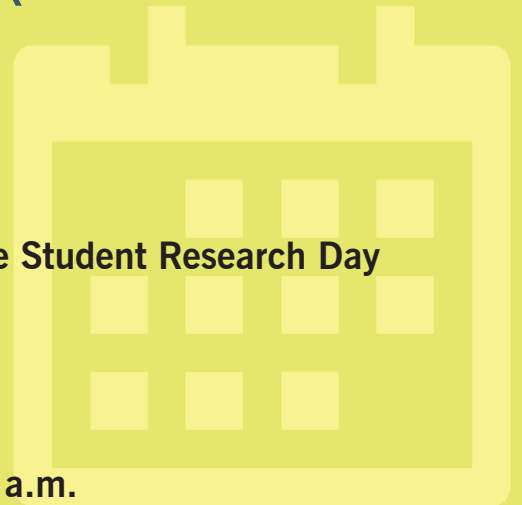
7:30 a.m. – 5 p.m.

CWRU, Tinkham Veale University Center

April 7 and 8

Spring OSCEs for Year One

Cleveland Clinic



Advancing Our Mission

The Education Institute welcomes donations to advance its mission of educating those who serve. Individuals, families, foundations and corporations that believe in the value of education are making a difference in the future of patient care with their generosity. To learn how you can help, please contact Theresa Holthaus at 216.444.1839 or at holthat@ccf.org.

Alumni: Share Your News

We'd like to hear about what you've been doing since graduation. If you have news to share (maybe you're involved in an interesting research project or you recently returned from a global health mission), please email Laura Greenwald at greenwl@ccf.org.

InSight

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