



InSight

Cleveland Clinic Lerner College of Medicine

May 2017

Nutrition Education Doesn't Play Second Fiddle at CCLCM

CCLCM has made great strides over the past few years to integrate nutrition education into its curriculum, both as a way to help students take better care of themselves and to help their future patients control the ever-increasing prevalence of chronic disease.



Gail Cresci PhD, RD, LD, CNSC

The most significant gain was bringing in Gail Cresci, PhD, RD, LD, CNSC, as Nutrition Thread Leader. Dr. Cresci, who is an Assistant Professor with the college and staff member with Gastroenterology/Hepatology & Pathobiology, started out as Chair of the Nutrition Task Force for CCLCM.

"Gail has done a remarkable job working with the task force to develop learning objectives, assess the curriculum and identify gaps," says Alan L. Hull, MD, PhD, Associate Dean of Curricular Affairs. "Now she's working closely with the faculty to integrate nutrition education into both the curriculum and clinical clerkships, and encouraging students to participate in nutrition research studies."

Among other duties, Dr. Cresci is also responsible for recruiting faculty to serve on a Thread Planning Committee, whose job is to coordinate the planning and implementation of the thread curriculum across the courses. Her deep involvement ensures that nutrition education will continue to be a component of the curriculum.

[Read Nutrition Becomes a Priority at CCLCM from the October 2015 InSight.](#)

Enhancing the curriculum begins with collaboration

As Nutrition Thread Leader, Dr. Cresci ensures that up-to-date nutrition education is integrated into the curriculum throughout the five-year program. With a thirty-thousand-

foot view, she can identify gaps in nutrition education and work with faculty to provide nutrition content for their courses.

For example, she explains how she recently collaborated with Bret Lashner, MD, to integrate relevant nutrition education into his year-one Gastroenterology course. "I worked with him to review what was being taught and recommended that we include education about patient diets into his course," says Dr. Cresci.

Likewise, Dr. Cresci now meets with the clinical clerkship directors to formalize their approach to teaching nutrition during clinical rotations. She's developing learning objectives and content specific to each rotation (e.g., surgery, family medicine) and plans on delivering that content to CCLCM and Case SOM students during their rotations at Cleveland Clinic. She also is enlisting the help of two nutrition fellows in Gastroenterology to deliver nutrition content to students, which will not only enhance students' knowledge, but also enrich the fellows' learning experience.

Students show interest in nutrition research

The students have noticed the nutrition-enriched curriculum, and during Dr. Cresci's summer seminar on nutrition, they ask a lot of questions.

"They see how relevant nutrition is to medicine and patient care. I like that the students are interested in nutrition, and I encourage their enthusiasm," she says. "It's also sparked their interest in doing research in nutrition for their research year."

One such student is Shadi Ahmadmehrabi ('21) who is looking at food access in hospital cafeterias in conjunction



Alan L. Hull, MD, PhD

with the Center for Reducing Health Disparities, a program created by the MetroHealth System and Case Western Reserve University. While volunteering in the Cleveland Clinic Pediatric Oncology Department during college, she often saw young cancer patients eating fast food.

“When I asked the parents how they had chosen their meals at the hospital, they said price was a main determinant. After starting medical school, I knew I wanted to explore this issue further,” says Shadi.

Under the guidance of Ashwini Sehgal, MD, at the MetroHealth System and Dr. Cresci, Shadi is exploring the factors that determine consumer choices at the hospital cafeteria. “We are also comparing the perceptions patrons have about the cafeteria options with the reality. For example, some may perceive that healthy food is expensive regardless of the prices, and this may drive them towards unhealthier options,” she says.

During the five-year Lerner College program, students have the option of attaining a dual degree, and several are taking advantage of this opportunity and working on a master’s in nutrition. The group includes Julie Foucher-Urcuyo ('17), Ling-Ling Lee ('19), Kelly Shibuya ('19), Erin Sieke ('18), Carol Swetlik ('19), Josephine Volovetz ('19) and Erin Yamamoto ('19).

“The program has allowed the MD/MS nutrition students to spend more time discussing nutrition-related issues that are brought up during seminars in the basic science/pathophysiology curriculum,” says Ling-Ling. “I am excited to conduct research in nutrition and hopefully build on the existing literature for future clinicians to draw on when considering nutritional interventions or explaining them to patients and colleagues.”

Physicians need nutrition education

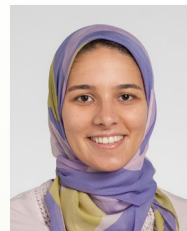
In many medical schools around the country, nutrition still plays second fiddle. Dr. Cresci recently presented at the American Society for Parenteral and Enteral Nutrition (ASPEN) Clinical Nutrition Week 2017 in February on “The Future of Nutrition Education: Multidisciplinary approaches and innovative techniques.”

“The general consensus was that there’s hardly any nutrition taught in medical education, and the group was impressed with how much attention we’re giving to nutrition,” so much so that the organization invited her to videotape her thoughts about the importance of nutrition education for physicians.

[View Dr. Cresci’s video.](#)

Having a solid understanding of the role nutrition plays in health will go a long way in helping students to better care for their patients, treat acute and chronic disease, and care for themselves.

Shadi wants to use nutrition education to advocate for patients’ wellbeing, regardless of their socioeconomic status. “I’ve been really interested in social determinants of health and food deserts since volunteering in the Cleveland community as an undergraduate, and I want to work on those issues through the lens of a clinician as I continue my training here at CCLCM.”



Shadi
Ahmadmehrabi



Julie Foucher-
Urcuyo



Ling-Ling Lee



Kelly Shibuya



Erin Sieke



Carol Swetlik



Josephine Volovetz



Erin Yamamoto

CCLCM Hosts Second Look 2017

The 14th CCLCM class will matriculate in July! Applicants accepted to the Lerner College of Medicine Class of 2022 returned for a second visit in March. Minority applicants reported early to meet minority faculty, students and administrative staff.

This year's faculty panel comprised Eric Anderson, MD, Emergency Medicine; Kendalle Cobb, MD, Physician Advisor; Serpil Erzurum, MD, Chair of the Lerner Research Institute; Kathleen Franco, MD, Associate Dean, Admissions & Student Affairs; Linda Graham, MD, Assistant Dean, Research Education; Alan L. Hull, MD, PhD, Associate Dean, Curricular Affairs; Samuel Irefin, MD, PBL Facilitator; Martin Kohn, PhD, Director, Program in Medical Humanities; Justin Lathia, PhD, Cellular and Molecular Medicine; Richard Prayson, MD, Physician Advisor; Kathleen Quinn, MD, Physician Advisor; Womack Stokes, MD, Physician Advisor; Julie Tebo, PhD, Director of PBL Facilitator Development; and James Young, MD, Executive Dean.

Richard Drake, PhD, Director of Anatomy, presented to the group on anatomy, and Dr. Erzurum presented the keynote address.

The incoming class heard from a panel of current students on a variety of topics:

- Rebecca Achey ('18): LGBTQ
- Taylor Aiken ('17): Mock PBL
- Rachel Baird ('19): Assessment and Portfolio; Mock PBL
- Lauren Banaszak ('17): Mock PBL
- Andrea Boyd-Tressler ('21): Diversity of Patients
- Alexander Chaitoff ('19): Housing; Mock PBL
- Angela Dai ('18): Doc Opera; Diversity Dinner Series
- Aaron Dunn ('21): PBL and Interactive Learning
- Vishnuvardhan Ganesan ('17): Free Clinic; Mock PBL
- Joseph Hadaya ('17): Research Experience and Opportunities; Clinical Experience (Years 3, 4, 5); Mock PBL; CCLCM/Case Opportunities; Peru Mission
- Severine Kako ('20): Mock PBL
- Lauren Larkin ('21): Longitudinal Preceptor
- Daniel Sexton ('18): Community Health Initiative
- Anne Song ('18): Anatomy

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Janet Adegboye ('20) and Ann Kim ('20) co-hosted the Student-only Wrap Up.

A number of faculty and students participated in the diversity luncheon, including:

Rebecca Achey, Janet Adegboye, Lestella Bell ('20), Paola Barrios ('21), Andrea Boyd-Tressler, Dr. Cobb, Dr. Franco, Noble Jones ('18), Severine Kako, Lauren Larkin, Francis May ('21), John McAfee, Daniel Moussa ('21), Damilola Philips ('17), Dr. Quinn, Elizabeth Shay ('20), Alicia Stallings ('17), Dr. Stokes and Jonah Thomas ('21).

These faculty and students participated in the Farewell Faculty Luncheon:

Janet Adegboye, Taylor Aiken, Dr. Anderson, Rachel Baird, Lauren Banaszak, Dr. Cobb, Angela Dai, Dr. Franco, Vishnuvardhan Ganesan, Joseph Hadaya, Dr. Irefin, Kaitlin Keenan ('20), Ann Kim, Dr. Kohn, Dr. Lathia, John McAfee ('20), Dr. Prayson, Christina Snider ('20), Dr. Stokes, Dr. Tebo, Dr. Young and Emily Zhang ('20).

Applicants also participated in networking opportunities with faculty, staff, students and one another during lunches, receptions and open discussion panels. Applicants and current students enjoyed a social outing at the Corner Alley Uptown, a restaurant/bar/bowling alley.

The 2017 Second Look event was a tremendous success, and we look forward to the arrival of the Class of 2022!



Medical Education and Simulation Fellows Selected for 2017-18

Two new Medical Education Fellows have been chosen from a field of superb candidates. They are Rebecca Kelso, MD, Heart and Vascular Institute, and Mitali Das, PhD, Lerner Research Institute. Ibrahim Sammour, MD, Cleveland Clinic Children's, has been selected as the Interprofessional Fellow in Simulation and Advanced Skills Training.

Both the Medical Education and Simulation fellowships are one-year longitudinal experiences. All three fellows will start their fellowship in September 2017.

The title of Dr. Kelso's project is "Autonomy and competency in training." Her project is focused on enhancing the education and assessment of Vascular Surgery Program residents.

The title of Dr. Das's project is "Strategies for stress management in self-regulated learning and professional development of early stage students." Her project will explore the role of stress due to self-regulated learning, both in general and in physician scientist programs such as the Lerner College of Medicine's.

Dr. Sammour's project is titled "Simulation-based teaching of neonatal mechanical ventilation, and evaluation of ventilator breath delivery mechanics in a BPD lung model." He will use his fellowship experience to establish a simulation-based curriculum for neonatal mechanical ventilation and to perform a study to evaluate the effects of inspiratory pressure rise time on gas distribution in a two-compartment model of neonatal lungs.

All fellows will learn about educational theory, strategies, learner assessment and curriculum design and evaluation. Each fellow will identify a mentor or mentors who will provide guidance throughout the process.

The professional staff in the Education Institute are eager to work with these outstanding educators in the coming year.



Rebecca Kelso, MD



Mitali Das, PhD



Ibrahim Sammour, MD

Save the Date: GMI's 5th Annual Genetics Education Symposium

Cleveland Clinic Genomic Medicine Institute's 5th annual Genetics Education Symposium, "Genetics and Genomics: A Focus on Women's Health," will be held Sept. 7, 2017, at the InterContinental Hotel and Conference Center in Cleveland.

This year's program will be an engaging day with an emphasis on advances in the diagnosis, management and treatment of genetic conditions in women's health. Other topics include ethical dilemmas in genetics, current and emerging trends in genetic testing reimbursement, and innovative patient appointment options such as telegenetics and shared medical appointments.

Charis Eng, MD, PhD, will close the day with her presentation, "Your Genes, Your Wine, Your Health," followed by a wine reception where you'll have the opportunity to view the poster presentations by Genomic Medicine Institute researchers and converse with colleagues.



CCLCM students receive complimentary registration for this event, which includes the syllabus, continental breakfast, refreshment breaks, lunch and reception.

Registration will be available soon. Questions? Contact [Janece Schaffer-Burbank](#), GMI Education Coordinator.

This activity has been approved for AMA PRA Category 1 Credits™.

Save the Date: 2017 Irwin H. Lepow Medical Student Research Day

All students, faculty and staff are invited to attend the 2017 Irwin H. Lepow Medical Student Research Day on Sept. 28, 2017, at the Wolstein Research Building on the Case Western Reserve University Campus.



Scott Friedman, MD

This year's guest lecturer is Scott Friedman, MD, Chief of the Division of Liver Diseases at Mount Sinai School of Medicine. Dr. Friedman will present on "A Life in Academic Medicine: Paths and Pleasures."

For more information, contact Sharon Callahan at slc17@case.edu or 216.368.6972.

Medical School Survival Tip

According to Daniel R. Paull, MD, author of *So You Got Into Medical School... Now What? A Guide to Preparing for the Next Four Years*, "The strategy you should use to study for the Step 2 CK should be very similar to the strategy used to study for step 1: learn the material during your clinical rotations, copy a successful student's methods, create a reasonable study schedule, obtain the proper study materials, start studying, gain familiarity with the testing center and make sure you take breaks on test day and don't blow off the last section."

These test-taking tips will help you to be successful on the Step 2 CK!

Join Us for the Lerner College of Medicine Graduation

Please join us on **Saturday, May 20**, at 6 p.m. at the InterContinental Hotel to celebrate the achievements of the Lerner College of Medicine's 9th graduating class, the class of 2017.

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

PATIENT SAFETY & QUALITY TIP:

Talk to Your Patients

J. Harry Isaacson, MD
Assistant Dean for Clinical Education and Co-director of Foundations of Medicine



Although we live in an era of increasing electronic communication, I think there is great value in talking directly with patients when there is important information to be transmitted related to their health.

Studies have shown about one-third of our patients have low health literacy. Direct conversations with our patients is the best way to ensure that they understand information related to their health.

Measuring Students' Research Self-Efficacy

An article published in *Advances in Health Sciences Education* analyzes the relationship of career interests, specialization and scholarship of medical students with research self-efficacy in order to evaluate the Lerner College of Medicine's research curriculum.

The article, titled "Association of research self-efficacy with medical student career interests, specialization, and scholarship: A case study," was authored by S. Beth Bierer, PhD; Richard A. Prayson, MD; and the late Elaine F. Dannefer, PhD.

The authors used social cognitive career theory (SCCT) to create a case study to evaluate CCLCM's curriculum. The Clinical Research Appraisal Inventory-Short Version was used to rate students' confidence in performing research activities. There was significant correlation in graduates' research interests and career intentions with their research self-efficacy scores.

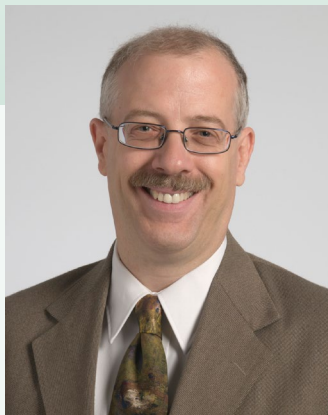
Compared to those on all CRAI-SF scales, CCLCM graduates rated their self-efficacy in clinical research to be significantly higher. Because CCLCM students participate in an extra year of schooling focused on research, these results suggest that a student's perception of their own self-efficacy increases with added research exposure and experience.

This study emphasizes the necessity of research exposure because "self-efficacy plays a central role in shaping physicians' career interests and future actions."

[Read the entire article.](#)



S. Beth Bierer, PhD



Richard A. Prayson, MD



Elaine F. Dannefer, PhD, MSW



Jennifer Hu



Erin Yamamoto

Two CCLCM Students Receive HHMI Medical Research Fellowships

The Howard Hughes Medical Institute's (HHMI) Medical Research Fellows Program has selected 79 talented medical and veterinary students to conduct in-depth, mentored biomedical research. CCLCM students Jennifer Hu ('19) and Erin Yamamoto ('19) are among the research fellows.

Starting this summer, each fellow will spend a year pursuing basic, translational or applied biomedical research at one of 32 academic or nonprofit research institutions across the United States. Jennifer will be conducting her research at Harvard Medical School, and Erin at Cleveland Clinic.

"The Med Fellows Program allows exceptional MD, DVM, and DDS students to effectively shift course and conduct rigorous research at top institutions throughout the country," says David Asai, senior director in science education at HHMI. "It's an extraordinary opportunity for future physicians, veterinarians, and dentists to explore the intersection of medicine and scientific discovery, and we hope that each student comes away further empowered to pursue a career as a physician-scientist."

Now, 28 years after the Med Fellows Program was first launched, it has helped more than 1,700 medical, veterinary and

dental students establish a foothold in the research world. In this year's group, 18 percent of the fellows are from minority groups typically underrepresented in the biomedical sciences, and seven fellows will continue their research for another year.

The Med Fellows Program takes a multilevel mentoring approach to help incoming fellows get off to a strong start, make new connections, and access a network of support throughout their fellowship year. Various meetings bring the fellows together to connect with newly minted Med Fellow alumni, early-career faculty and senior investigators to participate in seminars and learn from physician-scientists at various career stages.

In collaboration with HHMI, five partners – the American Society of Human Genetics, Burroughs Wellcome Fund, Citizens United for Research in Epilepsy, Foundation Fighting Blindness, and Parkinson's Foundation – will fund 8 of the 79 aspiring physician- and veterinarian- scientists, bringing the program's total investment to \$3.4 million.

Congratulations, Jennifer and Erin, and best of luck on your research projects!

Cleveland Clinic Faculty Team Wins Best Oral Presentation

Congratulations to Mark Mayer, MD; J. Harry Isaacson, MD; Amy Windover, PhD; and Lily Pien, MD, who won Best MESRE Oral Presentation from the recent CGEA Regional Meeting in Chicago.

Along with colleagues from the University of Chicago, the team won the award for their presentation called “Impact of Faculty Training on Patient Satisfaction with Patient-Centered EMR Use.”

Great work, team!



Mark Mayer, MD



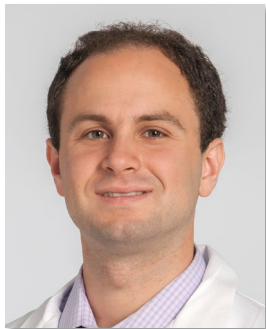
J. Harry Isaacson



Amy Windover, PhD



Lily Pien, MD



Joshua Niforatos Wins Student Research Award

Joshua Niforatos, MTS ('19) was selected as one of the recipients of the 2017 William B. Bean Student Research Award from the American Osler Society. His project title is “The Migration of Ideas and Institutional Silos: The Black Hospital Movement in Cleveland, 1920-1957.”

The Bean Award supports research in medical history and medical humanities and comes with a \$1,500 stipend and dollars to support travel to the AOS annual meeting if the student’s paper is accepted for presentation.

Leonard Calabrese, DO, is Joshua’s faculty sponsor.

Separately, Joshua published an illuminating essay on C.S. Lewis in Hektoen International. Called “[Love, cancer, and the caregiver’s faith of C.S. Lewis](#),” the essay explores Lewis’s writings on pain, grief and faith.

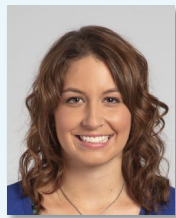
Congratulations, Joshua, and best of luck with your research project!

Students: Be sure to email [Laura Greenwald](#) with news about your achievements, such as publications, presentations, awards and patents, so that we can share your terrific news with our entire education community!

ROUND UP



Taylor Aiken



Lauren Banaszak



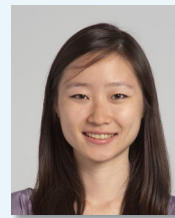
Julie Foucher-Urcuyo



Alicia Stallings



Kailin Yang



Yuanjia Zhu

Seniors Present Their Research Work

The annual CCLCM-wide Research Day, this year held on March 24, gives graduating students a chance to present their research, through posters and oral presentations, to classmates, faculty members and colleagues throughout Cleveland Clinic.

Six students from the Class of 2017 — Taylor Aiken, Lauren Banaszak, Julie Foucher-Urcuyo, Alicia Stallings, Kailin Yang and Yuanjia Zhu — were selected to deliver 15-minute oral presentations based on the work they completed during their research year.

Also held on Research Day is the Annual Iva Dostanic, MD, PhD Memorial Lecture. This year, Harvey Alter, MD, from the National Institutes of Health Intramural Research Program, delivered the keynote address.

ALUMNI NEWS

Two Alumni Leading Quality Improvement Teams at Cleveland Clinic

Two CCLCM alumni, Andrew Strong, MD ('14), Clinical Research Fellow, and Xiaoxi (Chelsea) Feng, MD, MPH ('14) Surgical Operations Administrative Fellowship, are leading quality improvement teams focused on improving patient transfers within and between hospitals.

Their teams are among the first cohort of resident-led teams looking at the issue of patient transfers. This effort is the result of Cleveland Clinic's involvement in the Pursuing Excellence in Clinical Learning Environments grant, funded by the Accreditation Council for Graduate Medical Education, designed to enhance graduate medical training and the learning environment.

All the teams will report their intervention ideas on May 15, and it is hoped that, once implemented, the interventions will make a positive impact on the quality and safety of patient care.



Andrew Strong, MD



Chelsea Feng, MD

Philanthropic Giving

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 Amy Kubacki, Senior Director of Development, at 216.636.5024 or at kubacka@ccf.org.

MARK YOUR CALENDAR

May 11, 2017 | 1 p.m.

Body Donation Memorial Service
Cleveland Clinic, Lerner Building NA5-08

May 15, 2017 | Noon – 1 p.m.

Medical Humanities Presentation featuring
Mary Verdi-Fletcher
Cleveland Clinic, Lerner Building NA3-57

May 20, 2017

Class of 2017 Celebration
5:30 p.m. Doors Open
6 p.m. Celebration Program
7:30 p.m. Reception
InterContinental Cleveland Hotel

May 21, 2017

Class of 2017 Graduation
Severance Hall

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.

Laura R. Greenwald, MBA, Managing Editor

Melissa Kus, Writer

Thomas A. Fenn, Art Director

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