

Students Push to Prevent Diabetes in Cleveland's Hispanic Community

Five CCLCM students – Paola Barrios ('21), Sophia Colombari Figueroa ('22), Frank May ('21), Daniel Moussa ('21) and Spencer Seballos ('22) – have joined forces to tackle a major health issue within Cleveland's Hispanic community: **diabetes**. The students have worked tirelessly with Cleveland Clinic staff to better understand the healthcare needs of the community.

"As medical students, we have the ability to make an impact. We can go out into the community and gather information, while also giving it. This will help professionals improve care," says Frank.

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How the project started

The idea for the project began in August 2016, after Frank, Paola and Daniel were invited to a fundraiser by Kathleen Franco, MD, Associate Dean of Admissions & Student Affairs. It was here the students learned of the profusion of Hispanic patients with a high incidence of diabetes.

At the event, Leonor Osorio, DO, Cleveland Clinic Lutheran Hospital, talked about the unmet healthcare needs and lack of quality preventive care in the Hispanic community. "After hearing Dr. Osorio speak at the fundraiser, we knew we had to help her collect data to improve healthcare within the community," says Daniel.

Because of personal ties to the Hispanic community, all five students feel an emotional connection to this population and hope to see healthcare issues improve by the time they graduate medical school.

With encouragement from Drs. Osorio and Franco, along with Ana Yepes-Rios, MD, Cleveland Clinic Lutheran Hospital, the students have begun to push to prevent diabetes by collecting data and better educating the community.

Collecting data

In an attempt to better understand the lifestyle trends within the Hispanic community, the students have gathered data from surveys and in-person interviews at grocery stores on Cleveland's West Side. They recently have started handing out surveys in the waiting room of Dr. Yepes-Rios at Lutheran Hospital. The surveys contain questions regarding health literacy and diabetes awareness.

The students also are forming ties with leaders at Sagrada Familia, a West-side church frequented by the Hispanic community, and are preparing to conduct focus groups with members to get a better idea of what they feel their biggest barriers are in attaining good health. Knowing this will help the students determine which types of programs would best address this community's healthcare needs.

"We look for the results of the survey to inform future programs to improve health," says Dr. Yepes-Rios. Over the course of a month, the students obtained more than 30 surveys and learned, from their preliminary findings, the community did not have a great understanding of diabetes and how to prevent it.

Educating the community

On Feb. 20, 2018, the students visited Esperanza, a non-profit Hispanic community resources center, on the West Side of Cleveland. Here, the students taught a 45-minute course on health literacy and diabetes prevention to a group of 25 Hispanic participants.

The course was fully presented in Spanish and divided into three topics: physical activity, healthy eating and smoking cessation, with particular considerations to Hispanic culture.

"Our goal was to show the class that being healthy can be fun," says Spencer, "We used popular forms of dancing as an example of a physical activity to be culturally relevant." The students also shared examples of ways to prepare Hispanic food in a healthier manner and introduced ways to quit smoking.

Based on the follow-up questions and the data collected from surveys handed out during the course, it was clear the attendees learned new information. "People were not aware of some of their opportunities before we gave them information," says Frank. "I definitely think our work is a start for a better future."



Paola Barrios



Sophia Colombari Figueroa



Frank May



Daniel Moussa



Spencer Seballos



Kathleen Franco, MD



Leonor Osorio, DO



Ana Yepes-Rios, MD

Alumni Return to CCLCM for Celebrations and Day of Learning

FACULTY AND ALUMNI PRESENTATIONS

“Welcoming Remarks” – James B. Young, MD (Cleveland Clinic)

“Future of Technology” – Neil Mehta, MBBS, MS (Cleveland Clinic)

“Brain Tumor Surgery and Therapy” – Kalil Abdullah, MD
(Hospital of the University of Pennsylvania)

“Uncharted Paths in Academic Medicine” – Renee Salas, MD
(Massachusetts General Hospital)

“Disparities in Liver Transplant Allocations” – Lauren Moore Nephew, MD
(Massachusetts General Hospital)

“Updates in Pathology” – Alexandra Kovach, MD (Vanderbilt University Medical Center)

“Updates in Pediatric Orthopedics” – Amanda Tencza Whitaker, MD
(Nationwide Children’s Hospital)

“Channeling the Physician of the Future” – Pamela Davis, MD, PhD
(Case Western Reserve University School of Medicine)

“What are Residencies Looking for in Applicants? The Selection Process for Residency” – Panelists Samuel Wedes, MD (St. Mary Mercy Hospital); Donelle Cummings, MD (SUNY Downstate Medical Center); Jason Ho, MD (Cleveland Clinic); David Ly, MD (University Hospitals Cleveland Medical Center); Catherine Golski, MD (Tuba City Regional Health Care)

“Life of a Surgical Resident” – Panelists Kalil Abdullah, MD (Hospital of the University of Pennsylvania); Richard Haigler, MD (Novant Health Forsyth Medical Center); Jocelyn Beach, MD (Cleveland Clinic); Bradley Gill, MD (Cleveland Clinic)

“Successful Approaches to Work-Life Balance” – Panelists Julie Foucher-Urcuyo, MD (Cleveland Clinic); Benjamin Abelson, MD (Cleveland Clinic); Dawn Wiese, MD (Vanderbilt University Medical Center); Michael Knight, MD (Crescenz VA Medical Center/University of Pennsylvania, Perlman School of Medicine)

“Challenges for Women in Residencies” – Panelists Amanda Tencza Whitaker, MD (Nationwide Children’s Hospital); Erika Lundgrin, MD (University Hospitals Cleveland Medical Center); Lauren Moore-Nephew, MD (Massachusetts General Hospital)

More than 30 CCLCM alumni traveled to Cleveland to attend a celebration honoring them and the 10th graduating class on Friday and Saturday, March 23 and 24. The Cleveland Clinic Alumni Association sponsored the Friday evening reception, held at the Foundation House, for more than 130 guests including alumni, graduating students and CCLCM staff. The event offered a special opportunity for alumni and staff to reconnect and celebrate the success of the medical school.

The reception began with brief remarks from James B. Young, MD, former Executive Dean; Toby Cosgrove, MD, former CEO and President of Cleveland Clinic; and Mrs. Norma Lerner. They expressed how proud they were of the students and how privileged they felt to be part of the celebration.

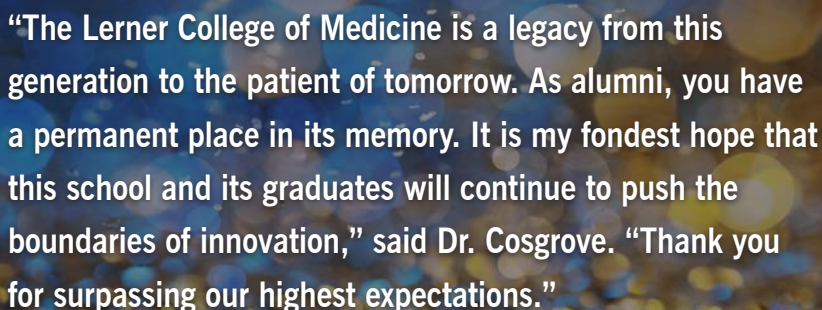
“The Lerner College of Medicine is a legacy from this generation to the patient of tomorrow. As alumni, you have a permanent place in its memory. It is my fondest hope that this school and its graduates will continue to push the boundaries of innovation,” said Dr. Cosgrove. “Thank you for surpassing our highest expectations.”

[View photos from the Friday evening reception.](#)

The day of learning event on Saturday began with breakfast and featured a lineup of speakers and panelists, who shared their expertise on topics ranging from clinical updates to work-life balance (see sidebar). After lunch, participants toured the new Health Education Campus, which is slated to open in summer 2019.

That evening, Kathleen Franco, MD, Associate Dean, Admissions & Student Affairs, and her husband, David Bronson, MD, hosted a reception at their home.

The celebration proved to be an exhilarating time of connection, reconnection and new learning, as well as a tribute to the tremendous success of the Lerner College of Medicine.



“The Lerner College of Medicine is a legacy from this generation to the patient of tomorrow. As alumni, you have a permanent place in its memory. It is my fondest hope that this school and its graduates will continue to push the boundaries of innovation,” said Dr. Cosgrove. “Thank you for surpassing our highest expectations.”

Medical Education Fellows Selected for 2018-19

Two new Medical Education Fellows have been chosen from a field of superb candidates. They are Roshni Sreedharan, MD, Department of General Anesthesiology and Center for Critical Care, and Divya Yogi-Morren, MD, Department of Endocrinology, Diabetes and Metabolism.

The Medical Education Fellowship, directed by Colleen Colbert, PhD, is a one-year longitudinal experience (Sept. 2018 – Aug. 2019) sponsored by the Education Institute.

The title of Dr. Sreedharan's project is "Critical Care Echocardiography: Development of a Curriculum for Residents and Fellows Participating in Critical Care Provision." The title of Dr. Yogi-Morren's project is "Assessment of the Knowledge Needs of Internal Medicine Residents Regarding Diagnosis and Management of Diabetic Ketoacidosis in the Hospital."

Dr. Sreedharan will develop a critical care echocardiography curriculum for residents and fellows who participate in critical care rotations. Dr. Yogi-Morren aims to conduct a needs assessment of internal medicine residents, focusing on managing diabetic ketoacidosis in the hospital. All fellows will learn about educational theory, teaching 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.



Roshni Sreedharan, MD



Divya Yogi-Morren, MD



Clean Hands are Safe Hands

WASH YOUR HANDS WITH SOAP AND WATER:

- when they are visibly dirty or contaminated with blood/bodily fluids
- before eating
- after using the restroom
- after caring for patients with *Clostridium difficile*

USE ALCOHOL RUB OR GEL:

- when hands are not visibly soiled
- upon entering and exiting a patient room
- before and after patient contact
- after contact with items in the environment
- before and after glove use

PATIENT SAFETY & QUALITY TIP:

Clean Hands are Safe Hands

Moises Auron, MD

Associate Professor,
Medicine and Pediatrics

Always pursue optimal hand hygiene, by either washing your hands with soap and water or using alcohol rub or gel; it is the cheapest and most effective infection prevention measure. Hold your residents, fellows and staff accountable. All caregivers are encouraged to use the enterprise code word, SNAP (Scrub Now and Prevent), as a friendly reminder to others to clean their hands.

Doing the right thing is easy, but it requires mindfulness, accountability and excellent teamwork. As students, you are fundamental elements of the inpatient teams, and your contributions to patient safety are valuable. Remember, Patients First!



Moises Auron, MD



CCLCM Hosts Second Look 2018

The 15th CCLCM class will matriculate in July! Applicants accepted to the Lerner College of Medicine Class of 2023 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 Kathleen Franco, MD, Associate Dean, Admissions & Student Affairs; Linda Graham, MD, Assistant Dean, Research Education; Alan L. Hull, MD, PhD, Associate Dean, Curricular Affairs; Womack Stokes, MD, Physician Advisor; and James Young, MD, former Executive Dean.

Richard Drake, PhD, Director of Anatomy, presented to the group on anatomy, and Nicholas G. Smedira, MD, delivered the evening presentation.

The incoming class heard from a panel of current students on a variety of topics including assessment and portfolio, diversity of patients, the Physician Advisor Program, research experience and opportunities, housing and more.

The student panel included:

- Janet Adegbeye ('20)
- Alexander Chaitoff ('19)
- Josh Niforatos ('19)
- Salam Bachour ('22)
- Perry Dinardo ('21)
- Alexander Ulintz ('19)
- Andrea Boyd-Tressler ('21)
- Mike LaBarbera ('19)

Janet Adegbeye ('20), LeAnne Young ('21), Harry Choi ('20) and Natalie Walker ('19) co-hosted the Student-only Wrap Up.

A number of faculty and students participated in the Diversity Luncheon, including:

Lyla Blake-Gumbs, MD, MPH, Assistant Professor of Medicine; Altagarcia Chavez, MD, Clinical Assistant Professor of Surgery; Kendalle Cobb, MD, Physician Advisor; Dr. Kathleen Franco; Dr. Alan L. Hull; Justin Lathia, PhD, Director of Basic Science Journal Club; Raul Seballos, MD, Assistant Professor of Medicine; Dr. Womack Stokes; Janet Adegbeye ('20), Paola Barrios ('21), Andrew Bowen ('18), Andrea Boyd-Tressler ('21), Sophia Colombari Figueroa ('22), Melissa Coronado ('22), Emily Durbak ('22), Noble Jones ('18), Francis May ('21), Spencer Seballos ('22), Elizabeth Shay ('20) and Jose Vega ('19).

These faculty and students participated in the Farewell Faculty Luncheon:

Rakesh Bhalla, MD, MBA, Assistant Professor of Medicine; Dr. Lyla Blake-Gumbs; Dr. Kathleen Franco; Dr. Justin Lathia; Geoffrey Lefferts, MD, PBL faculty; Richard Prayson, MD, Physician Advisors Chair; Dr. Womack Stokes; Janet Adegbeye ('20), Harry Choi ('20), Natalie Walker ('19) and LeAnne Young ('21).

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 2018 Second Look event was an overwhelming success, and we look forward to the arrival of the Class of 2023!



ACCOLADES



Beth Bierer, PhD, MEd

Beth Bierer, PhD, MEd, was named 2018 CGEA Medical Education Laureate at the regional American Association of Medical Colleges (AAMC) meeting, the Central Group on Educational Affairs (CGEA), in March.

The Laureate award, which is the highest award granted at the meeting, recognizes senior members of the group for their contributions as leaders or mentors, or for their contributions to the CGEA Annual Program, either as planners or presenters. The award also recognizes members who consistently contribute to medical education through scholarly contributions.

Dr. Bierer, who is Director of Assessment and Evaluation for the Lerner College of Medicine (CCLCM), has contributed significantly to medical education and to the CGEA. Over the course of her career, she has authored numerous publications on medical education topics, is a frequent presenter and teaches graduate-level courses, including within the Cleveland Clinic/Cleveland State University Master of Education in Health Professions Education program.

CCLCM Faculty Earn Prestigious Recognition



Cecile Foshee, PhD, MEd

Being named Medical Education Laureate not only recognizes Dr. Bierer's scholarly contributions, but also the deep regard the CGEA membership has for her. She is most deserving of this career achievement award.

At the same meeting, Cecile Foshee, PhD, MEd, was acknowledged as a LEAD fellow. LEAD (Leadership Education and Development) is a AAMC certificate program that aims to develop leaders in health professions education. Dr. Foshee, who serves as the Director of Graduate Medical Education Learning Innovation and as an Assistant Professor for CCLCM, was among the 59 fellows selected across the nation through a peer-review process to participate in the one-year program, which involves independent work and support from a LEAD coach as well as a Cleveland Clinic mentor. The program culminates with the implementation of an Applied Leadership Focus project, the details of which Dr. Foshee will present at the next CGEA meeting.

Congratulations, Drs. Bierer and Foshee, on these tremendous professional achievements!

COMMUNICATIONS TIP: Convey Respect

Brian Schroer, MD

Associate Director,
Communication Skills

To convey respect for the patient, introduce yourself and your team to everyone in the room. Ask who they are, if necessary. Then start the conversation by positioning yourself at the patient's eye level. If you need to sit so that your patient can see you, find a chair or something else to sit on.



Brian Schroer, MD

Dr. Paola Raska Earns Educational Initiative Award



Paola Raska, PhD

Paola Raska, PhD, recently received the 2018 Robert C. Bahler, M.D. Educational Initiative Award from Case Western Reserve University. Her project, entitled “Big Data Principles for Medical Education,” involves designing and implementing a curriculum for medical students and professionals that improves knowledge about and attitudes toward big data research. The project is grounded in an actual research example with real data and analyses.

According to Dr. Raska, the proposed curriculum has the potential to open discussion on what should be considered essential concepts underlying big data in contrast to accepted statistical competencies in the context of medical research.

Dr. Raska, who is the course director for epidemiology for CCLCM, will serve as the project’s principal investigator. She also leads two courses (introduction to clinical research and biostatistics) for medical students, residents, and fellows and a biostatistics course for molecular medicine PhD students at Cleveland Clinic.

Her abstract summarizing an additional study in which she uses HoloLens technology to create intuition regarding big data analysis approaches has been accepted for the American Medical Informatics Association Educators Forum in June.

Congratulations, Dr. Raska!



Spencer Seballos

EXTRA MILE

Educating Future Physicians in a Developing Nation

In 2015, Spencer Seballos ('22) had the opportunity to travel to Laos, a small country located next to Vietnam, through Resource Exchange International (REI) and a Fulbright teaching placement. His passion for “building people to build nations” led him to spend six weeks working with teachers to provide new English language techniques for medical students, while also having time to form personal connections with Laotian faculty and students.

Not only was Spencer able to help others further their passion for studying medicine, but he also began his own medical student journey shortly thereafter. After taking a gap year, Spencer matriculated to CCLCM in 2017.

[Read more about Spencer's experience in Laos.](#)

Memorial Service Honors Body Donors and Families

“[Through anatomy class] we became familiar with the body in a pretty unforgettable way, a familiarity that could have not been realized through pictures and scans alone.”

– Ryan Zhang ('22)



On April 12, the Cleveland Clinic Body Donation Program held its annual memorial service to honor the 212 people who donated their bodies to the program during 2017. More than 125 family members and friends of our donors attended the service.

Jennifer McBride, PhD, Associate Director of the Body Donation Program, opened the service and introduced the Rev. Amy Greene, DMin, Director of the Cleveland Clinic Spiritual Care Department, who offered the invocation.

As is traditional, a few trainees and medical students — the main beneficiaries of the body donation program — addressed the audience. Families have said that hearing from the trainees and students helps them better understand the importance of this priceless gift.

Clinical Surgery fellow Christopher Surek, DO, and medical students Perry Dinardo ('21) and Ryan Zhang ('22) shared their experiences and sincere gratitude with the audience. Said Perry, “On the first day of anatomy, I understood emotionally what it meant to be a medical student and to be given permission to look at the intricacies of

human life from a perspective afforded to such a small fraction of the population.”

Perry then explained that so many people had given her gifts that allowed her to become a medical student; people that she could hug or shake hands with on graduation day. “But the people who helped me feel most like a medical student are people I saw and spent time with, but I never knew anything about. People whose hands I might have held, but could not shake. People who gave us this gift without knowing us, solely for the sake of our learning and so that we could better care for other patients in the future,” she said.

Kathleen Franco, MD, Associate Dean of Admissions & Student Affairs, also addressed the audience, explaining how donor gifts allow students to learn anatomy and practice procedures such as inserting intravenous lines, suturing and intubation. In the anatomy lab, students also research various surgical techniques to find out which is better. They research techniques to treat multiple sclerosis, spinal cord injuries, broken bones and more, she explained.

Dr. Franco shared the story of her father, who donated his body to medical science. She said, “There was a quotation he used in many of his speeches: ‘I can’t do everything but I can do something. What I can do, that I ought to do and what I ought to do, by the grace of God I shall do.’”

Prior to giving the closing benediction, Rev. Greene read each donor’s name aloud. “It is a sacred gift to give away the last thing we own,” she said.

For many family members and friends, attending the memorial service gives them a sense of closure and the knowledge that their loved one’s gift will help advance the future of medicine. For us, the service offers a chance to honor our donors and express our gratitude for their priceless generosity.

[Learn more about our Body Donation Program.](#)

If you have any ideas about how our medical students might further contribute to the memorial service, please email bodydonation@ccf.org.

Dr. Jazmine Sutton Named Director of Hospital Medicine Education

Jazmine Sutton, MD ('12) recently assumed the position of Director of Hospital Medicine Education within the Cleveland Clinic Internal Medicine Residency program. In this capacity, she will be responsible for:

- enhancing the learning community and educational value of the general medicine rotations
- implementing hospital medicine curricular and rotation guidelines
- establishing standards for residents as team leaders
- implementing standardized faculty/resident rotation orientation
- working collaboratively with department leadership to continue to enhance the teaching, feedback and evaluation skills of general medicine rotation faculty



Jazmine Sutton, MD

In July 2018, Dr. Sutton will assume the directorship of the hospital medicine track and will work collaboratively with hospital medicine faculty and residents to develop a new and innovative curriculum as well as integrate best practices from the hospital medicine track into the general medicine rotations for all residents.

Dr. Sutton is particularly qualified and energized to take on these important roles. After graduating from CCLCM, she completed her internal medicine residency and served as a Chief Medical Resident at Beth Israel Deaconess Medical Center/Harvard in Boston. She served as a hospitalist for two years at Beth Israel before returning to Ohio to be closer to family. A Youngstown native, she joined the Department of Hospital Medicine in July 2017.

In her spare time, Dr. Sutton enjoys cooking, watching the Food Network and HGTV, and spending time with her daughter, Jada, and Corgi, Hunter.

Congratulations, Dr. Sutton, on this tremendous professional accomplishment!

Dr. Aaron Viny Receives YIA Grant

Alumni Aaron Viny, MD, MS ('09), recently received the Edward P. Evans Foundation Young Investigator Award, a two-year, \$250,000 grant to research myelodysplastic syndrome.

Dr. Viny currently is a hematologic oncologist at Memorial Sloan Kettering Cancer Center in New York City, specializing in leukemias and myelodysplastic syndrome. He conducts leukemia research as part of the Ross Levine laboratory.

Congratulations, Dr. Viny, on your outstanding news!



Aaron Viny, MD, MS

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!

Riches Establish Executive Dean Scholarship



GIFT WILL HELP SUPPORT STUDENTS IN NEED

After Jeffrey Rich, MD, joined Cleveland Clinic last July, he made a point of learning more about the Lerner College of Medicine and its mission of training physician investigators. A cardiothoracic surgeon by training, Dr. Rich already knew James B. Young, MD, a cardiologist and former Executive Dean of the college program, through medical associations.

“I have tremendous respect for him,” says Dr. Rich, adding that “The Lerner College of Medicine is a fantastic place, and I admire the leadership and the way they conduct medical education.”

For these reasons, Dr. Rich and his wife, Mira, were compelled to contribute to the development of future physicians by establishing

the Executive Dean scholarship to support students in need.

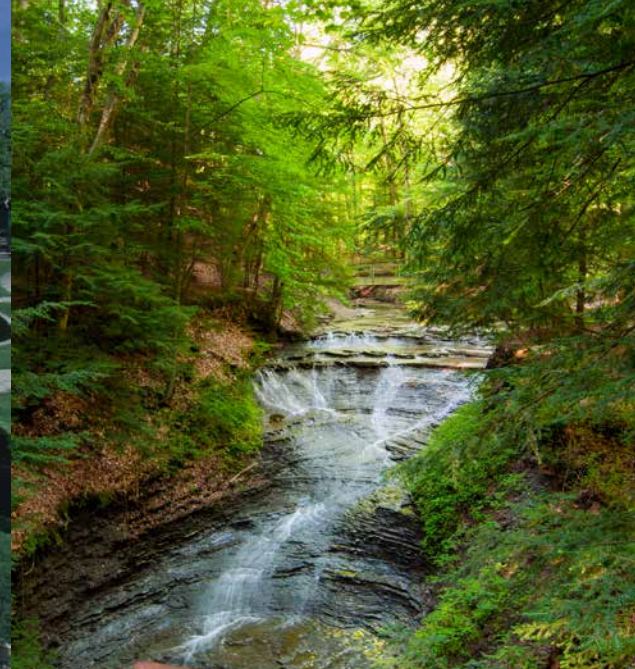
Dr. Rich, who serves as Chair of Strategic Operations for the Sydell and Arnold Miller Family Heart & Vascular Institute, recalls how he hails from a modest background.

“It was through the generosity of others that I was given scholarships and am now at this point in my career,” he says. “Everyone deserves a chance, despite economic status, and it’s now my time and responsibility to give back.”

An expert in healthcare policy and quality performance, Dr. Rich also is interested in sharing his wealth of wisdom with medical students.

Prior to joining Cleveland Clinic, Dr. Rich directed the Center for Medicare Management and was a member of the Board of Directors of the National Quality Forum. He’s testified before Congress several times about payment models that reward quality of performance over volume. Most recently, Dr. Rich served as a project manager for a federal grant awarded to the Virginia Cardiac Services Quality Initiative, a regional collaboration focused on quality and cost containment that he helped launch more than 20 years ago.

Dr. Rich is looking forward to when the first Executive Dean scholarship will be awarded in July. “I love the mission of the Lerner College of Medicine,” he says.



MARK YOUR CALENDAR

May 8, 2018

7 am - Noon | Clinical Education Retreat
CCAC Bldg. 4, Fourth Floor

May 10, 2018

7:30 – 11:30 am | Basic Science Curriculum Leader's Retreat
Cleveland Clinic

May 19, 2018

Class of 2018 Celebration
5:30 p.m. Doors Open | 6 p.m. Celebration Program | 7:30 p.m. Reception
InterContinental Hotel

May 20, 2018

Class of 2018 Graduation
Severance Hall



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.

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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