



# InSight

Cleveland Clinic Lerner College of Medicine

November 2018

bioethics

## Where Dignity and Medicine Converge

Bioethics and its numerous complexities  
captivate two students

*continued >>*

# Where Dignity and Medicine Converge >> *continued*

Bethany Bruno ('21) and Caroline Franke ('20) feel passionate about bioethics, so much so that they have devoted significant time to immersing themselves in bioethics and patient experience research and clinical work while at CCLCM. In August, both also attended the "[Unconference](#)," a three-day workshop and crowdsourcing event for clinical ethicists, sponsored by the Cleveland Clinic Center for Bioethics.

## Bethany's bioethics experience ignites desire to teach

Bethany completed several research projects with the Center for Bioethics in the Office of Patient Experience (OPE) during the summer between her first and second years, focusing on (1) assessing patient's perceptions of their orthopaedic surgeon's conflicts of interest with device companies, and (2) creating a virtual platform to provide ethics consults remotely for smaller community hospitals.

Working with Kavita S. Arora, MD, MBE, from the MetroHealth System, Bethany has also studied the ethics of uterus transplantation, which resulted in a presentation at the American Society of Bioethics and Humanities as well as a scholarly paper, entitled "[Uterus Transplantation: The Ethics of Using Deceased Versus Living Donors](#)," published in the *American Journal of Bioethics* this year.

Originally from Virginia, Bethany says that she almost didn't apply to CCLCM because she did not initially realize that Cleveland Clinic would be such an incredible place to learn about bioethics. She quickly discovered that Cleveland Clinic has a nationally known Center for bioethics along with a high-acuity patient population, which increases the odds of ethical dilemmas. What's more, Case Western Reserve University offers a dual degree program, so Bethany is working on her MA in bioethics. She's since found that our Bioethics and OPE research teams are eager to work with medical students.

To enhance her clinical skills around bioethics, Bethany recently completed a four-week rotation with the Center for Bioethics, working closely with Susannah Rose, PhD, Assistant Professor of Medicine and Director of Research for OPE; Margot Eves, JD, Clinical Assistant Professor of Medicine; Kathy Weise, MD, MA, Associate Professor of Pediatrics; Mahwish Ahmad, MD, MPH; and Marguerite Augustine, MS. After accompanying Bioethics team members on clinical consults and during difficult family and team meetings, Bethany reflects, "Not only do I have a better understanding of the clinical side, but I can also share my experiences with my classmates."

Having been involved in numerous ethics consults, Bethany explains that

the most common issues she observed involved patients without a surrogate to make healthcare decisions; disagreement among family members about medical care decision making; and disagreement between the healthcare team and family members when care is futile. One case involved an elderly female patient with complex medical conditions who was nearing end of life. By the time the ethics team was contacted, the patient had become comatose. Just prior to that time, the patient had experienced several hospital admissions in rapid succession and developed a decubitus ulcer that extended to the bone. Despite recommendations for comfort care from the healthcare team, the family wanted to continue aggressive treatment for as long as possible despite the pain additional treatments would cause.

Bethany's experience with the Center for Bioethics/OPE confirmed her enthusiasm for being involved in ethics as well as for teaching ethics to students. Her future plans include conducting ethics research for her fourth-year project and studying abroad, most likely in the Netherlands, for her master's program.

## Patient contact energizes Caroline's interest in bioethics

For her research year, Caroline is working closely with Dr. Rose on a project entitled "Enhancing Caregiver Empathy by Empowering Patients to Discuss



Bethany Bruno



Caroline Franke



Margot Eves, JD



Marguerite Augustine, MS



Susannah Rose, PhD

their Values (ENHANCE).” Dr. Rose is the principal investigator for the study, along with being Caroline’s research year thesis advisor. Leonard Calabrese, DO, Professor of Medicine, serves as co-investigator for the study, which also involves leaders in the Cleveland Clinic Medicine Institute, Nursing Institute, OPE and Environmental Services.

“The ENHANCE study is looking at how patient experience can be improved by giving patients the opportunity to share their interests and values with their caregivers,” says Caroline. “My thesis specifically is going to look at the relationship between patient-perceived physician empathy, caregiver burnout and caregiver demographics [gender, degree], as well as 30-day readmission rate and other patient-centered outcomes.”

The team aims to enroll 300 patients in ENHANCE to assess their perspectives on the care they received.

“This is another aspect of the study that really resonated with me since a patient’s experience is all-encompassing. Everyone who works at the hospital plays a role in a patient’s care and inpatient stay,” says Caroline, adding that she’s excited to work on the units and have contact with patients.

Caroline anticipates spending time on ethics consults with Dr. Rose, whom she admires immensely. “Dr. Rose is great. I kind of feel I picked her before I picked my project,” she says.

For her part, Dr. Rose has been delighted to work closely with both Caroline and Bethany, saying that, “Their interest and understanding of bioethics, in addition to their intellect and natural leadership skills, have impressed me from the beginning.”

Caroline plans to specialize in psychiatry and is interested in exploring the bioethics of patients with infective endocarditis stemming from IV drug use. “I saw two such patients last year, and it sparked my interest. When I was on my internal medicine rotation, there seemed to be no clear guidelines for inpatient management of pain and addiction in this patient population,” she says.

Both Caroline and Bethany express appreciation for the warm welcome they received from the team in Bioethics and OPE. Paul J. Ford, PhD, Associate Professor of Medicine and Director of the Center for Bioethics, says, “It is great to participate in the professional development of CCLCM students who are so keenly interested in bioethics. They’ve come to the right place.”



Kathy Weise, MD, MA



Mahwish Ahmad, MD, MPH



Paul Ford, PhD



Leonard Calabrese, DO

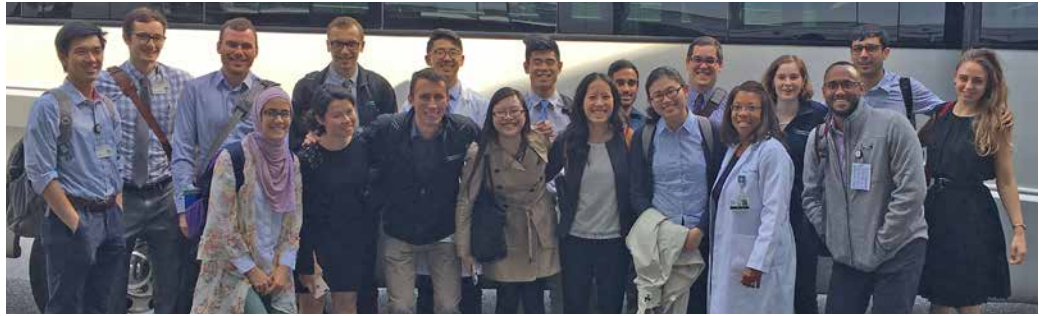
# bioethics

## Four Principles of Bioethics

1. Respect for autonomy
2. Nonmaleficence
3. Beneficence
4. Justice

Source: Beauchamp and Childress (2008)

## Students Take Field Trip to Learn More About Ob/Gyn Clerkship



A group of CWRU School of Medicine's University Program and College Program students who are taking all their core clerkships at Cleveland Clinic as part of the Cleveland Clinic Longitudinal Clerkship underwent clerkship orientation last month. As part of their learning, Diane E. Young, MD, Assistant Professor of Surgery and Clerkship Director for Ob/Gyn, coordinated a trip to Fairview Hospital to visit the labor and delivery unit.



Diane Young, MD



The students toured the unit and were shown how to gown and glove appropriately. They also learned the etiquette and expectations of inpatient obstetrics.

This experience proved valuable to the students, helping them get comfortable with navigating the expectations of a labor and delivery unit and giving them first-hand knowledge about what to expect going into the Ob/Gyn Clerkship.

"One student later shared that he felt confident knowing how to scrub, gown and glove on labor and delivery in real time as a result of this experience," says Dr. Young.



## Dr. Craig Nielsen Named Assistant Dean

Craig Nielsen, MD, Associate Professor of Medicine, has been appointed Assistant Dean for Clinical Education at CCLCM, a role he has undertaken on an interim basis for the past six months.

Not only has Dr. Nielsen done an outstanding job as the interim Assistant Dean for Clinical Education, but he also has a long history of excellence as a clinician and educator, serving as the Program Director for the Internal Medicine Residency Program for 10 years. He has earned numerous education and teaching awards, and he is the Governor-elect for the Ohio Chapter of the American College of Physicians.

An internal medicine practitioner, Dr. Nielsen also serves as Vice Chair for Internal Medicine (main campus) and Deputy Editor for the *Cleveland Clinic Journal of Medicine*.



Craig Nielsen, MD

## Student Presents Two Abstracts — Back to Back — at National Meeting

Roy Xiao ('19) recently presented two abstracts at the American Academy of Otolaryngology-Head and Neck Surgery Annual Meeting in Atlanta. The first was entitled "Preoperative Predictors of Response to Hypoglossal Nerve Stimulation for Obstructive Sleep Apnea," and the second "Benign Vocal Fold Lesions in Patients with Chronic Cough."

According to Tom Abelson, MD, Clinical Associate Professor of Surgery, who was also at the meeting, equally memorable was the fact that Roy's first five-minute presentation was given at 1:39 p.m. in Building A of the Georgia World Congress Center and the second at 1:57 p.m. in Building B.



Roy Xiao



Tom Abelson, MD

"Roy handled the run across the convention center with aplomb. He did a great job presenting, and he handled questions perfectly. He is an example of why teachers teach," says Dr. Abelson.

Great job, Roy, on your academic — and athletic — prowess!

## Need to Prep for Your USMLE?

Are you a medical student looking for practice question banks for your USMLE STEP 1, 2 or 3? [Check out Board Vitals](#). You'll find question banks for 70-plus topics in medicine and nursing. Register first on campus using your Cleveland Clinic email address so that you can receive free access.

QUESTIONS? Contact the Floyd D. Loop Alumni Library at **216.444.5697** or [library@ccf.org](mailto:library@ccf.org).

## PATIENT SAFETY & QUALITY TIP:

### Protect yourself and your patients; flu season is here

*Moises Auron, MD, Associate Professor, Medicine and Pediatrics*

Influenza is a potentially lethal virus. The best way to prevent the most serious complications from the virus is to get vaccinated. Vaccination helps protect you and others. By getting vaccinated, your immunity decreases the risk of spreading the virus to others, including your family, peers and our patients and visitors.

This season we'll have the quadrivalent vaccine, which will cover the following influenza viruses: A (H1N1), A (H3N2), B (Victoria lineage) and B (Yamagata lineage).

You can request a thimerosal-free vaccine (thimerosal is the mercury-containing preservative that was used in the past). And for people with allergy to egg, there is an egg-free vaccine, Flublok®.

Please take advantage of your special relationship with patients and their families to educate them about preventing the most extreme complications of the flu and to ensure we as a community take care of our neighbors.

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

## Attend the CCLCM Faculty Promotion Workshop

Find out how to get promoted to an associate professor or professor at the Faculty Promotion Workshop. To accommodate as many interested faculty as possible, the event will be held on two different days, once in the morning and once in the evening.

- **Tuesday, Dec. 4, 7-8 a.m., Lerner Bldg. NA5-04**  
Breakfast food/drinks will be available
- **Monday, Dec. 10, 5:30-6:30 p.m., Lerner Bldg. NA5-08**  
Healthy appetizers/drinks will be available

Get the promotion details you need to succeed, including information about:

- Timelines
- Selecting referees
- Teaching portfolio
- Personal statement
- CV

PRESENTERS:

**Nicole Deming, JD, MA**

Assistant Dean for Faculty Affairs and Human Resources  
Assistant Professor of Bioethics, CWRU School of Medicine

**Cynthia Kubu, PhD**

Professor of Medicine, CCLCM

**Dineen A. Lancaster**

Faculty Affairs Manager, CCLCM

QUESTIONS? Contact **216.442.5627** or [FacultyAffairsCCLCM@ccf.org](mailto:FacultyAffairsCCLCM@ccf.org).



## STUDENT SPOTLIGHT:

# Shreya Louis

Now that she's a second-year medical student, Shreya Louis ('22) is feeling more comfortable about her research endeavors. For example, she recently finished the statistics course and was reminded about the importance of paying close attention to research methods versus results, which is a topic she thinks about often.

"You can publish in a high-impact journal, but it doesn't mean you did the best job with your research," she says, explaining that it's not uncommon to analyze data with a specific result in mind and, therefore, generate a result that may not be replicable. "Analyzing data is a tricky process," she continues. "Calculators for analysis may not produce results that are generalizable because they were created with white males in mind, for example."

Shreya recently had a paper, entitled "[Discovering human diabetes-risk gene function with genetics and physiological assays](#)," published in *Nature Communications*. As she considers this research, performed during a gap year before matriculating at CCLCM, she thinks there might be some analyses that could have been done better, admitting that you can't always control everything perfectly but you should at least know the reasons why you chose to control what you did. Her tendency to reflect and strive for stringent analysis is welcomed by her primary investigators at Cleveland Clinic.

"Most PIs here are open to reanalyzing data and making changes," says Shreya, who is working closely with Lara Jehi, MD, Associate Professor of Neurology, to develop an [epilepsy surgery risk calculator](#).

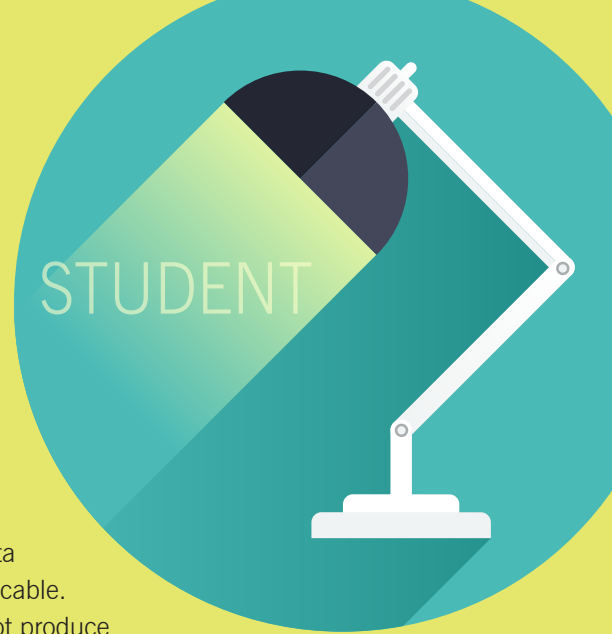
Shreya hasn't yet decided between neurosurgery and neurology, but she knows that she likes studying the brain. As she says, one never has to worry about having a research topic in neuroscience because there's so much we don't know about the brain.

An avid reader, she often dives into a book to de-stress, though lately she's been reading popular books about the brain by authors such as David Eagleman and V. S. Ramachandran. She also manages stress by hanging out with classmates, even if just to grab ice cream or a quick coffee. Connecting with friends is important to her, and she describes her class as tight-knit.

"There's no one in the class you couldn't reach out to, even if don't know them that well. Someone within the 32 people will help you," she says knowingly.

Her classmates have been instrumental in helping Shreya manage winter in Cleveland. Born in India and raised in California, Shreya recalls her first winter here and the unfortunate experience of driving in white-out conditions. Later, she remembers calling her mom and asking, "Mom, what is this snow thing?" Classmates quickly came to her rescue with offers to drive her to and from school and take her shopping for proper winter clothing.

Although Shreya may never get comfortable with the frigid temperatures and icy conditions during winters in Cleveland, she feels more than comfortable with her CCLCM family and the opportunities for discovery, including her place in the world of research.



Shreya Louis

## Chance Meeting in San Francisco

Michael LaBarbera ('19), Jason Ya ('19) and Mia F. Williams, MD, MS ('15), connected in San Francisco last month, somewhat by chance.

Dr. Williams recently completed her internal medicine residency and first month as an attending at the University of California San Francisco. Mike was visiting UCSF for the month, working on cardiology consults, and was encouraged to reach out to Dr. Williams while he was there.

When the two met for dinner at Ushi Taro, Jason happened to walk in right behind them. He had just finished his first week of a dermatology elective at Stanford University.

Naturally they all enjoyed dinner together!

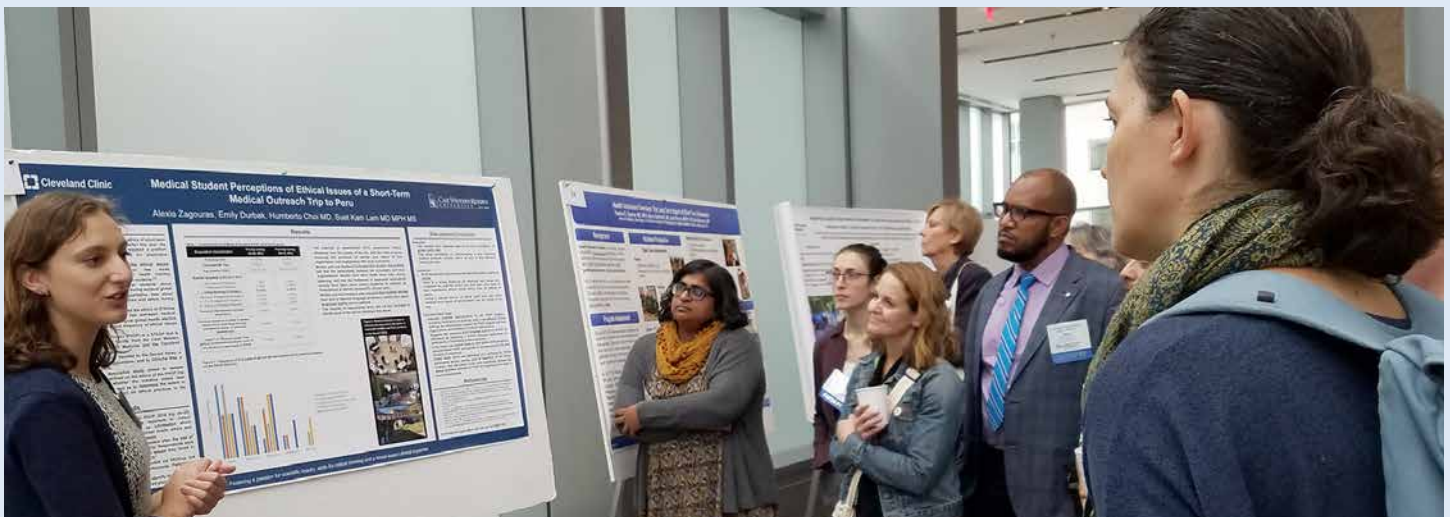
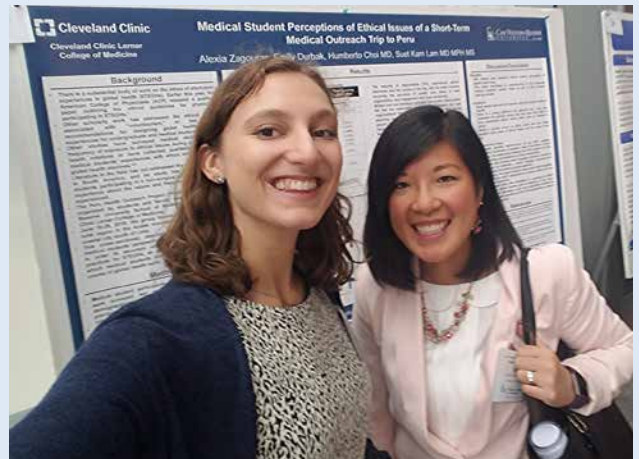


Michael LaBarbera, Jason Ya and Mia F. Williams, MD, MS

## Peru Health Outreach Project Spawns Ethics Research

Alexia Zagouras ('22) attended the Children's Hospital of Philadelphia (CHOP) 10th Annual Pediatric Global Health Conference last month where she presented the research poster she co-authored with Emily Durbak ('22), Humberto Choi, MD, Assistant Professor of Medicine, and Suet Kam Lam, MD, MPH, MS, Assistant Professor of Pediatrics.

Their research work, entitled "Medical Student Perceptions of Ethical Issues of a Short-term Medical Outreach Trip to Peru," was based on the 2018 student-organized and -led trip to the Sacred Valley and Chincha regions of Peru.





## ROUND UP

# Fourth Annual Story Slam: Medical Student Edition

Story Slam is a treasured annual tradition that brings students and faculty together from several medical schools in Northeast Ohio to share their stories in a relaxed, fun environment.

The audience was treated to spectacular performances by medical students from CWRU School of Medicine (University Program and College Program) and Ohio University Heritage College of Osteopathic Medicine, along with guest speaker Mikkael Sekeres, MD, MS, Professor of Medicine and Director of the Leukemia Program at the Cleveland Clinic Taussig Cancer Institute. Dr. Sekeres frequently writes medical-related essays, such as [“When the Bully Is a Doctor”](#) and [“The Best Medicine? What’s Meaningful to Our Patients,”](#) for the *New York Times*. He shared several of his pieces at Story Slam.

This year’s event was coordinated by Ellen Brinza (’22) and Metabel Markwei (’22), and featured the following works and authors:

- “First Impressions” by Shadi Ahmadmehrabi (’21) and Perry Dinardo (’21)
- “Awkward Encounters” by Joan Nambuba (’22)
- “Lost Once Found” by Katelyn Bard, OUHCOM (OMS II)
- “Pelvic Exenteration” and “View from Inside the Mirror Window” by Joan Lee, University Program (’21)
- “Countertransference” by Kaitlin Keenan (’20)
- “So Help Me God” by Saarang Deshpande, University Program (’21)
- “Rollers” by Bob Sun (’19)
- “The Benefit of Less Doubt” by Perry Dinardo (’21)
- “Adding Oil” by Vivian Qin, University Program (’19)
- “First Day/Last Day” by Madison Keenan, University Program (’20)

“We had a blast hearing the remarkable stories and reflections from colleagues, and we learned valuable lessons from the stories Dr. Sekeres shared with us,” says Ellen.

Hosted at the Market Garden Brewery in Ohio City, this year’s event was sponsored by Martin Kohn, PhD, Associate Professor of Medicine; Katherine Burke, MFA; The R.J. Fasnemeyer Center for Clinical Immunology; and the CCLCM Program in Medical Humanities.



Ellen Brinza



Metabel Markwei



Shadi Ahmadmehrabi



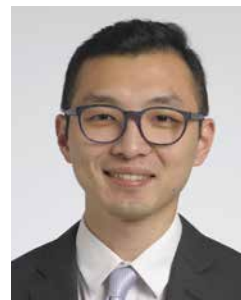
Perry Dinardo



Joan Nambuba



Kaitlin Keenan



Bob Sun



Martin Kohn, PhD



Katherine Burke, MFA

# Students Teach Self-Care at Local Conference



Every year, a group of CCLCM medical students participates in the Celebrate Sisterhood conference by manning a table in the free health screenings section. This year, eight students educated attendees on how to conduct self-breast exams, based on American Cancer Society and Cleveland Clinic Breast Center guidelines.

The volunteer students included Sara DeCou ('23), Perry Dinardo ('21), Emily Durbak ('22), Metabel Markwei ('22), Joan Nambuba ('22), Surabhi Tewari ('23), Alexandra White ('23) and Shannon Wu ('23).

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Sara DeCou



Perry Dinardo



Emily Durbak



Metabel Markwei



Joan Nambuba



Surabhi Tewari



Alexandra White



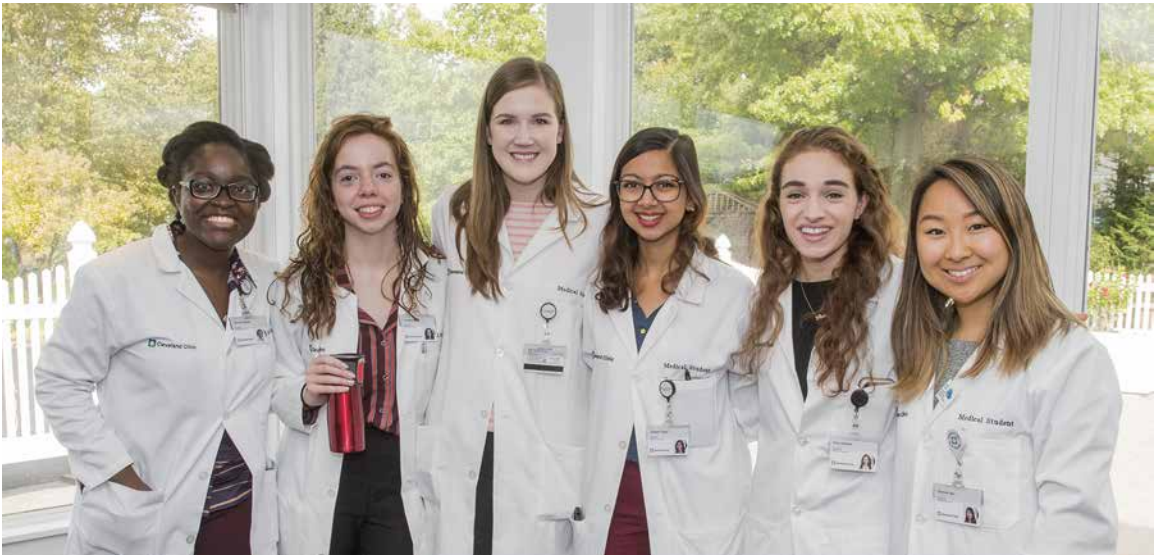
Shannon Wu



Diane E. Young, MD



Stacie Jhaveri, MD



Prior to volunteering, the group attended the Ob/Gyn Interest Group's workshop, led by Diane E. Young, MD, Assistant Professor of Surgery and Clerkship Director for Ob/Gyn, and Stacie Jhaveri, MD, Clinical Assistant Professor of Surgery, to learn how to conduct a thorough breast exam.

"Many women left our volunteer table remarking that they learned a lot. They hadn't known that there are other signs to watch for, apart from lumps," says Metabel.

As they do every year, the students also handed out pamphlets explaining how to get the most out of a doctor's appointment.

Sponsored by Cleveland Clinic, Celebrate Sisterhood is an annual conference dedicated to educating, energizing and empowering multicultural women to become stronger healthcare advocates for themselves, their family and their communities. The 2019 Celebrate Sisterhood is scheduled for Oct. 26.





Kendalle Cobb, MD

## Dr. Kendalle Cobb Named to Board of Governors

Kendalle Cobb, MD, Director of Multicultural Recruitment and Development, and Assistant Professor of Family Medicine for CCLCM, is newly elected to serve on the Cleveland Clinic Board of Governors for a term beginning Jan. 1, 2019, and running through Dec. 31, 2023.

Dr. Cobb recently earned a Chief of Staff award to discover the successes and challenges Cleveland Clinic faces in creating a culture of diversity and inclusion.

Congratulations, Dr. Cobb, on this tremendous professional achievement!



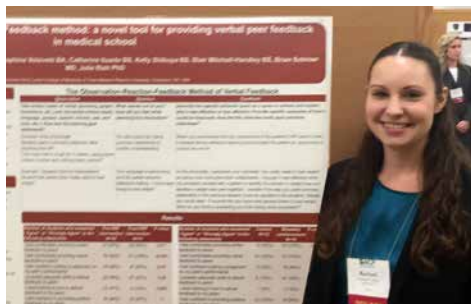
James Witten

## Student Wins Clinical Science Poster Award

Congratulations to James Witten ('19) for winning a Clinical Science Poster Award during the 38th Annual Cleveland Clinic Research Day.

James' poster, entitled "Clinical and Tissue Findings in Invasive Endocarditis," was selected as one of the best in this year's Research Day poster session. The criteria included organization and visual presentation, oral presentation and the data. The award comes with a cash prize.

Congratulations, James!



Racheal Baird

## Research Poster Earns Top Spot at Regional ACP Meeting

A CCLCM poster entitled "The Observation-Reaction-Feedback Method: A novel tool for providing verbal peer feedback in medical school" won first place in the category of Medical Student Quality Improvement Project at the American College of Physician's 2018 Ohio/Air Force Scientific Meeting in Columbus last month. The authors are Racheal Baird ('19), Carol Swetlik ('19), Josephine Volovetz ('19), Catherine Ituarte ('19), Kelly Shibuya ('19) and Blair Mitchell-Handley ('19).

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Catherine Ituarte



Blair Mitchell-Handley



Kelly Shibuya



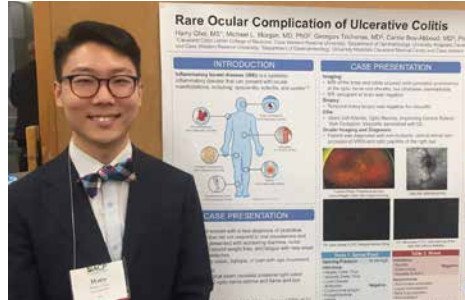
Carol Swetlik



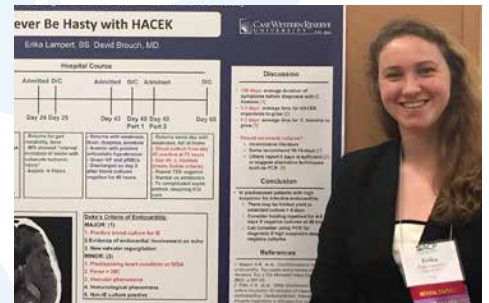
Josephine Volovetz

Not only did CCLCM students have a strong presence at the ACP meeting, but the CWRU School of Medicine (University Program and College Program) was the medical school with the most accepted abstracts, including:

- “Rare Ocular Complication of Ulcerative Colitis” by Harry Choi (’20)
- “Never be hasty with HACEK” by Erika Lampert (’20)
- “Is it CHF?” by Diane Libert (’20)
- “When Sarcomatoid Mesothelioma Resembles Pneumonia” by Emily Rose (’21)
- “A jaundiced patient with an unusual exposure history and isolated hyperbilirubinemia” by Christina Snider (’20)
- “Shared Medical Appointments for Obesity Treatment: The potential of virtual visits” by Kelly Shibuya (’19)



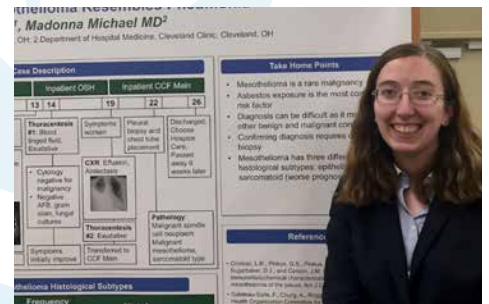
Harry Choi



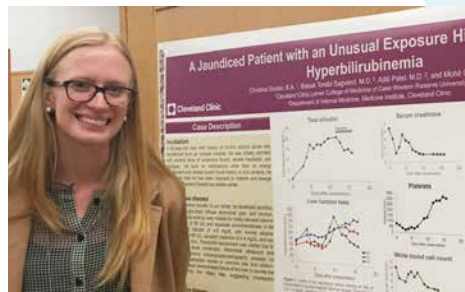
Erika Lampert



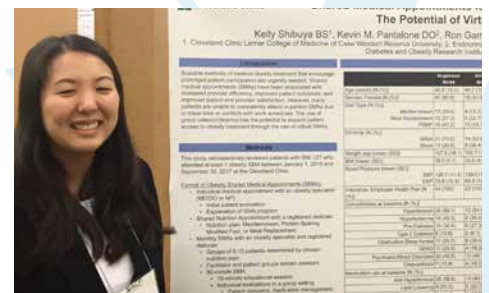
Diane Libert



Emily Rose



Christina Snider



Kelly Shibuya

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- “Correlating healthcare engagement and health literacy in the Hispanic population of Cleveland, OH” by Paola Barrios ('21), Francis May ('21), Daniel Moussa ('21), Sophia Colombari Figueroa ('22), Spencer Seballos ('22) and Weiling Song ('22).



Paola Barrios

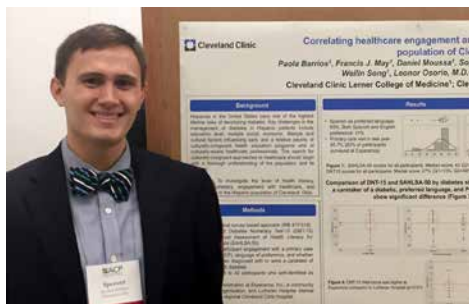


Sophia Colombari Figueroa



Francis May

Congratulations all!



Spencer Seballos



Daniel Moussa



Weiling Song

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!



## Greetings from the Golden State

Mia F. Williams, MD, MS ('15), writes that, although she expected to spend just a few years in California for residency, she's decided to stay in the Bay Area and has joined the faculty at the University of California San Francisco as an Assistant Clinical Professor in General Internal Medicine.

"As I was looking for what to do next, I looked primarily at academic positions and at some community programs with a commitment to the care of Latino patients. While those positions were very interesting, I kept going back to my interests in teaching and mentoring, and wanting to contribute to a larger population than just my patients," says Dr. Williams.

In her new role, she will focus her academic time on curricular innovations in topics of diversity, equity and inclusion, and quality improvement for patients with limited English proficiency.

In other news, while in residency, Dr. Williams met Kevin, her now fiance. "He is not in medicine, and we were lucky to meet in one of those rare outpatient months as a resident," she says.



## News from South Africa

Alida Gertz, MD ('10), shares news that her husband, Mark Tenforde, MD ('11), was accepted into the Epidemic Intelligence Service, a two-year post-doctoral training program of the Centers for Disease Control and Prevention.

Next June, they and their daughter, Coraline, will be moving to Atlanta from Botswana, where Dr. Gertz is finishing a global health fellowship through the University of Washington and Dr. Tenforde was working on his PhD dissertation.

Separately, Dr. Gertz and former classmates Rachel Roth, MD ('11), and Hardeep Phull, MD ('11), serve as contributing editors for the [Human Diagnosis Project](#), a global effort that combines physician knowledge and machine learning with the aim of enabling accurate, affordable and accessible care for patients everywhere.



# MARK YOUR CALENDAR

- Nov. 8, 2018 | 7:30 – 11:30 a.m.** Basic Science Curriculum Leader's Retreat  
Cleveland Clinic, NA3-57
- Nov. 19, 2018 | 7:30 a.m. – 3 p.m.** Clinical Education Retreat  
CWRU, Tinkham Veale University Center
- Nov. 19, 2018 | Noon – 2 p.m.** Thanksgiving Luncheon  
Cleveland Clinic, Lerner Commons
- Dec. 4, 2018** Deadline for Scholarship in Teaching Award applications | [Get details](#)
- Dec. 4, 2018 | 7-8 a.m.** CCLCM Faculty Promotion Workshop  
Lerner NA5-04
- Dec. 10, 2018 | 5:30-6:30 p.m.** CCLCM Faculty Promotion Workshop  
Lerner NA5-08

## 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](mailto: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](mailto:greenwl@ccf.org).

# InSight

Laura R. Greenwald, MBA,  
Managing Editor  
Mary Reagan, Art Director

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