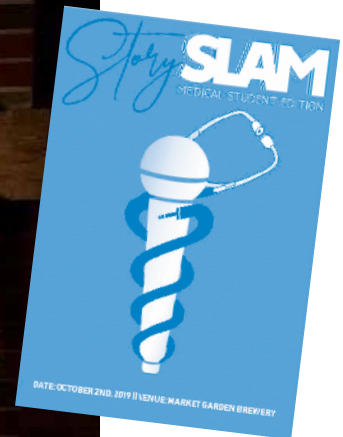


## Students share stories, poetry at fifth annual Story Slam

Segments of the event were captured for upcoming documentary



More than 100 students, faculty and friends gathered on Oct. 2 for Story Slam: Medical Student Edition, a treasured annual tradition that showcases narrative talent of students from the CWRU University and College programs, and the Ohio University Heritage College of Osteopathic Medicine.

*continued >>*

## Fifth annual Story Slam *continued*

The evening's guest speaker was Jennifer Adaeze Okwerekwu, MD, MS, a psychiatry resident at Cambridge Health Alliance and a columnist for [STAT](#), who shared stories of life, death, motherhood and maintaining joy while working in medicine.

Dr. Okwerekwu shared a heart-rending story about how she and a classmate, both fourth-year medical students at the time, performed CPR on another medical student who'd suffered an aneurysm. Two days later, they learned that the young woman died. Dr. Okwerekwu wrote about the experience soon after it happened:



"After a decade of wanting to become a doctor, it was traumatic for me to witness the death of the first patient I cared for on my own. Medical students are trained to fight death, but I was unprepared for the gravity of having my hands on an individual in her last moments. Even knowing there was nothing I could have done to prevent her death, I felt like a failure.... Despite the many achievements I've needed to get this far, I am coming to understand that medicine is not always about succeeding, but it is always about trying." [Read the entire essay.](#)

Of this year's Story Slam, Martin Kohn, PhD, Associate Professor of Medicine and Co-director, Art and Practice of Medicine Years 1 and 2, says, "It has been a delight to see a seed I planted five years ago grow into a moving and meaningful annual event through the hard work of our creative and talented students."

This year's Story Slam was co-directed by Sasha White ('23) and Vision Bagonza ('24), and featured the following works and authors:

Opening Readings by Dr. Okwerekwu

"Ballpoint" and "Sans Eulogy" by Belinda DeMario, University Program

"Partial Eclipse of the Heart" by Perry Dinardo ('21)

"My Companion" by Andrea Boyd-Tressler ('21)

"He Lives and He Learns" by Abdel Rahmy ('24)

"A Story" by Kaitlin Keenan ('20)

"Life is a Contradiction" by Sunny Sharma, OUHCOM

"The Difficult Patient" by Christine Doherty ('21)

"Just Happens to Be ... in a White Coat" by Lauren Larkin ('21)

Closing Readings by Dr. Okwerekwu

"Hearing stories at Story Slam helps us appreciate the universality of intense emotions we feel during medical training and also reminds us that every story is particular and unique," says Sasha.

Segments of this year's event, along with some students and faculty, were videotaped for a documentary, entitled *Why Doctors Write: Finding Humanity in Medicine*, by Ken Browne Productions (see sidebar).

Held again at the Market Garden Brewery in Ohio City, Story Slam was underwritten by the CCLCM Office of the Executive Dean (Bud Isaacson, MD, Associate Professor of Medicine and Executive Dean) and the R.J. Fasenmeyer Center for Clinical Immunology (Leonard Calabrese, DO, Professor of Medicine). Administrative and planning support for the CCLCM student coordinators was provided by Dr. Kohn and Katherine Burke, MFA, Adjunct Associate Professor of Medicine.



*continued >>*

## Producer films **Story Slam** for documentary

Ken Browne, Emmy award-winning producer and principal with Ken Browne Productions, visited Cleveland to film segments of the 2019 Story Slam and meet the students and faculty involved for his upcoming documentary, *Why Doctors Write: Finding Humanity in Medicine*.

The idea for the documentary was prompted by a retired doctor friend of his who mentioned a growing number of doctors writing about their clinical experiences. Based on Ken's conversations with his friend and other physicians, along with research around the growing movement of doctors and medical students writing, "I became more convinced that this nationwide trend to 'humanize' medical care using the arts was a compelling story."

After learning about the Center for Literature and Medicine at Hiram College, which was co-founded in 1990 by Dr. Martin Kohn, Ken was eager to visit Cleveland. "Marty has been a kind of guru-guide to the growth of medical humanities in both medical schools and pre-med programs," says Ken. "As I have learned, a core group of dedicated educators and clinicians have forged a path from the pioneer days in the Ohio medical world to programs such as the current Story Slam."

Ken says that Story Slam co-director Sasha White summed up exactly the message of the film during his interview with her. "I think the other power of stories is to allow you to immerse yourself in another person's life and another person's lived experience while realizing that what you see around you and what you live may be completely different from how that person experiences life," said Sasha. "And I think that's a unique way of knowing from a lot of the other ways of knowing we have in medicine, which deal with statistics and averages and bell curves... that's the kind of ultimate value of the humanities to medicine."

*Why Doctors Write* received initial funding from the Arnold P. Gold Foundation.

[View the documentary trailer.](#)



"I became more convinced that this nationwide trend to 'humanize' medical care using the arts was a compelling story."

– Ken Browne



# Students engage in Death Over Dinner

Did you know that the vast majority (75% to 80%) of Americans wish to die at home, yet only about 20% of them actually do? During their final days, many Americans find themselves in an acute-care hospital or nursing home, but that number is shrinking thanks to efforts to improve the quality of life – and death – for end-of-life patients.

One such effort is called “[Death Over Dinner](#),” founded in 2013 by Michael Hebb, partner at RoundGlass and author of *Let’s Talk About Death (Over Dinner): An Invitation and Guide to Life’s Most Important Conversation*. A frequent speaker, nationally and internationally, Michael has presented at the Cleveland Clinic Patient Experience: Empathy + Innovation Summit, and, on Oct. 10, he led a group of CWRU students in a Death Over Dinner event.

The conceit behind Death Over Dinner is that people need a comfortable, guided way to start the conversation with loved ones and friends about death. Because death is inevitable for all of us, it makes sense to think about what we want for our final days and to communicate those wishes to the ones we love.

“At the Office of Patient Experience, we believe being prepared for end of life is really important for everyone, especially for healthcare providers who often need to have this conversation with patients and their loved ones,” says Silvia Perez-Proto, MD, MS, Assistant Professor of Anesthesiology and Medical Director of the Cleveland Clinic Center for End of Life Care. She has partnered with Michael to create a [Death Over Dinner for Healthcare](#) edition.

About 25 students from Case Western Reserve University’s physician assistant program, and social work, nursing and medical schools, including students from CCLCM, along with several faculty members, participated in the dinner.

“The event provided a platform to begin conversing about end-of-life wishes and was informative about initiating such conversations with patients and loved ones,” says Aaron Dunn (‘21). “Opening up about death and dying can be anxiety-provoking, but the experience was organized in a way that made me feel heard and validated, allowing me to be more vulnerable and share with the group how I truly felt.”

In a healthcare setting, Death Over Dinner offers a safe space to share past experiences and feelings about mortality, building meaningful relationships within multidisciplinary teams, says Dr. Perez-Proto. “The dinners also give caregivers an opportunity to practice ‘The Pause,’ which is a moment intended to honor all the patients who died under our care as well as to honor our caregiver teams.”

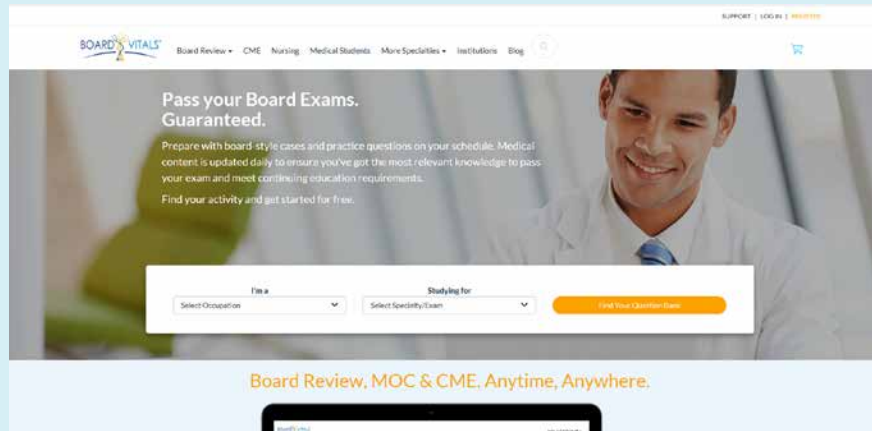
[Learn more about the origin of Death Over Dinner in Michael’s TEDMED talk.](#)

## 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).



## Tips for planning your scholarly work

**Measure your impact** Check out the guide on [Measuring Your Impact](#) and learn about Journal Impact Factor, H-Index and other citation metrics, from the Floyd D. Loop Alumni Library.

**Solve your case of mistaken identity** Eliminate mistaken identity among scholars by [registering with ORCID](#). Many publishers require an ORCID ID number to publish your scholarly activity in journals. ORCID is a unique identifying number that distinguishes every author from each other and is integrated into the manuscript and grant submission process. Using your ORCID ID alleviates mistaken identity among researchers who share the same or a similar name, and establishes a reliable connection between an author's research output. You can easily add your past publications to ORCID using the author search in Scopus.

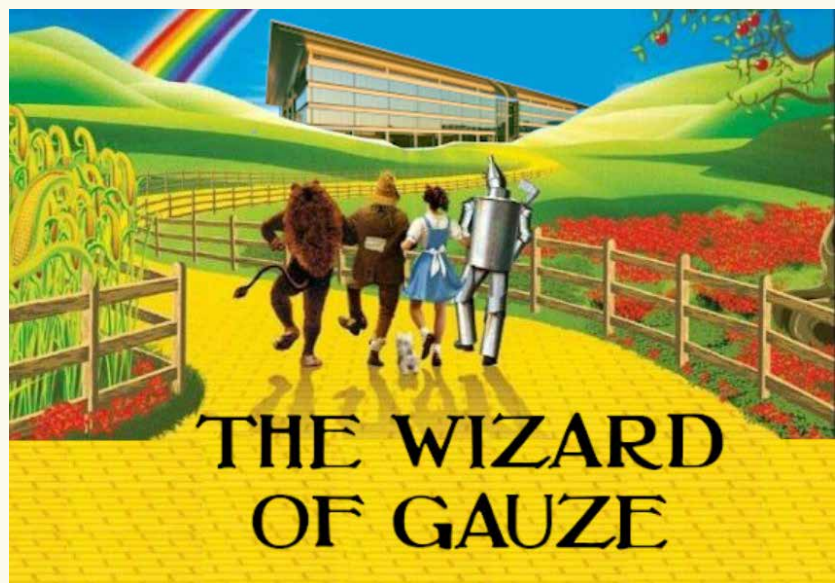
## Get your tickets to Doc Opera: The Wizard of Gauze

The 35th annual Doc Opera performance, The Wizard of Gauze, will take place Saturday, Dec. 14, from 7 to 10 p.m. at the John Hay High School Auditorium in Cleveland.

Doc Opera is a student-run variety show that comprises skits, musical performances and parodied songs and dances about medical school, medicine and the medical community. Guests can enjoy a silent auction featuring items from local businesses.

All proceeds will benefit Circle Health Services (formerly The Free Medical Clinic of Greater Cleveland) and the CWRU Student-Run Health Clinic, where graduate students from the nursing, physician assistant, social work and medical schools at CWRU, including CCLCM, work together to provide high quality healthcare to underserved people throughout Greater Cleveland.

Tickets are available either online before the show or at the door on the evening of the event. [Get details about the event, view the show trailer and purchase tickets.](#)



## Three questions



**S. Beth Bierer, PhD, MEd**  
Associate Professor of Medicine



Beth Bierer, PhD, MEd, Associate Professor of Medicine, currently serves as the Director of Assessment and Evaluation for CCLCM, where she works with a team to oversee the program's unique portfolio-based assessment system and monitor the quality of the educational program. She also directs a postdoctoral fellowship in medical education and supports a variety of initiatives and programs within the Education Institute.

### **Q: Describe your journey to medical education.**

My journey to medical education was unusual. I was teaching adults in an inner city vocational program after a stint as a high school teacher. A colleague recruited me to develop curricula for an urban child health residency program, which I jumped at even though the culture of medicine was completely new to me. I later transitioned to undergraduate medical education, where I found my professional home as an educator. In 2005, I joined Cleveland Clinic as a CCLCM faculty member after completing a postdoctoral medical education fellowship within the Education Institute's Center for Educational Resources.

### **Q: What did you want to be when you grew up?**

I wanted to be a teacher after observing my grandmother Gladys Boso with students in her first-grade classroom at Hodge Elementary School in Collinwood, Ohio. I remain committed to this career path, with encouragement from outstanding mentors and role models. I have taught learners of all ages and backgrounds, and have benefitted personally and professionally from these experiences.

### **Q: What brings you the most joy in your work?**

Service remains an ever-present component of my life, though it has taken many forms over the years. Right now I enjoy volunteering my time as chair of the AAMC's section on Medical Education Scholarship, Research, and Evaluation. I also appreciate the opportunity to collaborate with a talented group of educators who are committed to advancing educational research/scholarship and fostering the continuing development of researchers in health professions education.

*Adapted from the Cleveland Clinic Women's Professional Staff Association newsletter, celebrating staff educators during Women in Medicine Month, September 2019.*

## Calling all educators: Join the Educators Collaborative



If you are a Cleveland Clinic employee with an educator role, consider applying to join the Cleveland Clinic Educators Collaborative. This new group has been formed with several goals in mind, including cultivating a community of educators to promote collaboration and recognize educational excellence and achievements, and advancing scholarship in education.

Membership benefits include:

- sense of community
- formal and informal opportunities to become a mentor or to be mentored
- exclusive opportunities to apply for grant funding to advance scholarship
- learning opportunities, including an Educators Collaborative Day, planned for May 21, 2020

All Cleveland Clinic educators serving learners throughout the entire Cleveland Clinic enterprise will be considered. Contract/retiree/emeritus staff with active educational involvement are also encouraged to apply for membership.

Although membership applications are welcome any time, we encourage you to apply by Dec. 15 so that you don't miss out on Educators Collaborative news and opportunities. Applying is easy. [Learn more about the Educators Collaborative, including how to apply.](#)

## STUDENT SPOTLIGHT:

### Paola Barrios

When Paola Barrios ('21) was applying to CCLCM, the University of Miami graduate felt totally lost. A native of Mexico — she moved from Mexico City to Miami when she was 10 — she was the first in her family to apply to medical school, and she struggled to navigate the application process. Not to be discouraged, she persisted and not only was accepted to CCLCM, but also now serves as a role model and mentor to aspiring female medical students.

One of her mentees is a Hispanic female student whose goal is to attend medical school. Paola regularly connects with her mentee, most often over coffee at a coffee shop in Ohio City, and is delighted to be able to both ease her mentee's stress and help her achieve her goals.

Because of Paola's background, it's not surprising that she feels a close affinity to Cleveland's Hispanic community, and it's this affinity that inspired her to conduct research on diabetes within the community. In 2016, she attended an event where she learned that Hispanics have the highest rate of diabetes of any ethnic group across the nation. Since then, she has been deeply involved in diabetes research, with the goal of responding to the unmet healthcare needs and lack of education within the local Hispanic community.

Paola has just begun her research year, under the mentorship of John Rodriguez, MD, Clinical Assistant Professor of Surgery, and Monica Yepes-Rios, MD, Associate Professor of Medicine, during which she is collaborating with and participating in the mentorship program at Esperanza, Inc., a nonprofit organization committed to education within the Hispanic community. She also works with members of La Sagrada Familia Church. Through surveys and focus groups at this West Side church, Paola and her colleagues have identified an opportunity for education around the connection between nutrition and health. She and Diana Lopez ('23) are working to bring healthy Hispanic food recipes and cooking classes to the community.

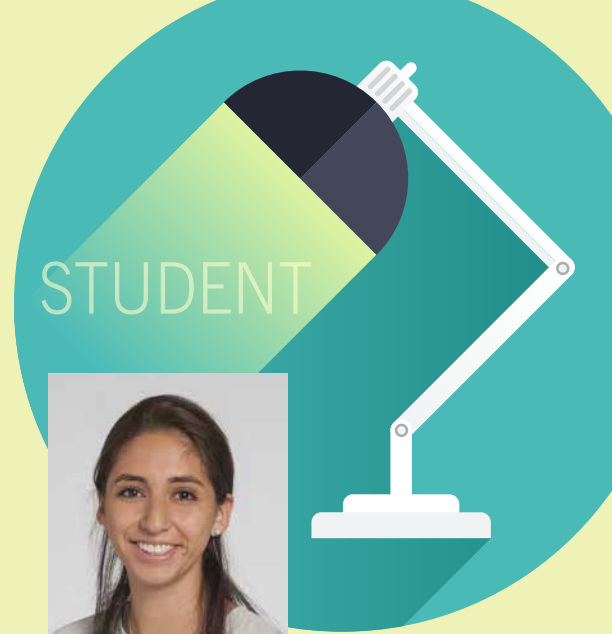
As an aspiring surgeon, Paola's research isn't limited to diabetes. She is also tackling health disparities in the Hispanic community related to surgery, specifically investigating Hispanic attitudes towards bariatric surgery. While this population has the highest rate of obesity and diabetes, conditions known to be cured by bariatric surgery, Hispanic patients undergo the procedure at a lesser rate than their Caucasian counterparts. As previously thought, the barriers don't involve language or finances; instead, the barrier appears to be a cultural issue. She wonders whether Hispanic patients have lower surgical referral rates, or if they themselves are hesitant to undergo this or any surgical procedures.

Through feedback she obtained from Cleveland Clinic Lutheran Hospital patients, Paola has so far noticed that the phenomenon is in part related to the experiences of relatives and friends that influence people. Those who are scared of a surgical procedure usually lack not only first-hand experience of a procedure, but also second-hand experience. And when you haven't heard about a surgical procedure before, fear can take hold.

To alleviate patients' fear, Paola suggests culturally appropriate interventions such as bringing in a Spanish-speaking doctor. "Trust is huge," she says. "This population particularly struggles to trust the healthcare system and trust someone to understand their culture, language and way of life."

Paola's research and connections with the local Hispanic community have deeply impacted her. "It's been really inspiring, and I want to continue to give this community the care they deserve," she says.

In her free time, Paola plays soccer with a group of CWRU University Program students. She enjoys walking her four-year-old chocolate Labrador Retriever, Nala, named after one of the characters in the Lion King, and painting. Her best advice to other aspiring physicians? "Life is challenging; keep pushing through."



Paola Barrios





James B. Young, MD

### Dr. Jim Young awarded Case SOM's highest honor

James B. Young, MD, Professor of Medicine and Chief Academic Officer of Cleveland Clinic, received the Case Western Reserve School of Medicine Medal for Excellence in Health Science Innovation, the School of Medicine's highest honor. The award is given to individuals who have distinguished themselves for efforts that advance research, education and care in extraordinary ways.

Read "[5 questions with... Case Medal for Excellence in Health Science Innovation winner Jim Young.](#)"

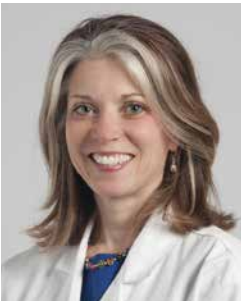


Camille Sabella, MD

### Dr. Camille Sabella earns Master Educator award

Congratulations to Camille Sabella, MD, Professor of Pediatrics and Associate Director of Clinical Education at CCLCM, who earned the Master Educator award at the 2019 Annual Staff Celebration, held on Sept. 28. The Master Educator award is one of several Maria and Sam Miller Professional Excellence Awards, given to acknowledge the dedication, innovation and quality of caregivers from all areas of the organization.

Dr. Sabella has received numerous awards related to his educational commitment to fellows, residents and medical students, including the Excellence in Teaching Award from Cleveland Clinic Children's.



Cynthia Kubu, PhD

### Dr. Cynthia Kubu appointed to CWRU committee

Cynthia Kubu, PhD, Professor of Medicine, was appointed Co-Chair of the Case Western Reserve University School of Medicine Committee on Appointments, Promotion and Tenure for 2019-20. Congratulations, Dr. Kubu!



Chan Mi Lee

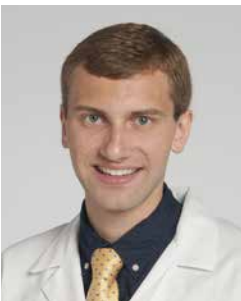
### Students present their work at Lepow Research Day

Several students presented their research work, in poster or oral presentation, at the Martha L. Lepow, MD, Irwin H. Lepow, MD, PhD, Medical Student Research Day, held at Case Western Reserve University on Sept. 26.

#### Poster winners were:

- Chan Mi Lee ('21) for "Retrospective Analysis of IgG4-RD Patient Population at the Cleveland Clinic between 2007-2017"
- Bryan Naelitz ('21) for "Prolactin to Testosterone Ratio Predicts Pituitary Adenomas in Young Men with Mild Hyperprolactinemia"

*continued >>*



Bryan Naelitz

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!



Christina Snider



Robert Unger



Paola Barrios



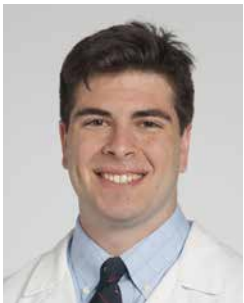
Brittany Goldstein



Joshua Golubovsky



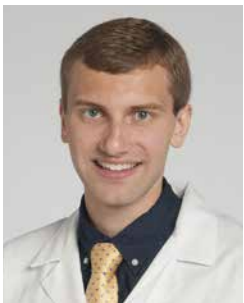
Vishhvaan Gopalakrishnan



Jaret Karnuta



Chan Mi Lee



Bryan Naelitz



Selena Pasadyn



Sidra Speaker



Raoul Wadhwa

**Student abstracts selected for oral presentations:**

- Christina Snider ('20) for "RORA is a Potential Prognostic Biomarker and Therapeutic Target for Patients with Acute Myeloid Leukemia"
- Robert Unger ('20) for "Premotor transcranial direct current stimulation increases inter-hemispheric resting-state functional connectivity in patients with chronic stroke"

**Abstracts selected for poster presentations:**

- Paola Barrios ('21) for "Correlating Healthcare Engagement with Health Literacy and Diabetes Numeracy in the Hispanic Population in Cleveland"
- Brittany Goldstein ('20) for "Mindfulness-Based Stress Reduction as Adjunctive Therapy for Postural Orthostatic Tachycardia Syndrome"
- Joshua Golubovsky ('21) for "Development of a Novel In-Vitro Model of Bertolotti Syndrome for Biomechanical Analysis and Surgical Intervention"
- Vishhvaan Gopalakrishnan ('20) for "The Design and Development of an Open Source, Self-Contained, and Multiplexed Bacterial Evolver and Bioreactor"
- Jaret Karnuta ('21) for "Whole-genome and Epigenetic Analysis of Chromothriptic Events Reveals a Trifecta of HGMA2 Regulation in Juxtacortical Osteosarcomagenesis"
- Chan Mi Lee ('21) for "Retrospective Analysis of IgG4-RD Patient Population at the Cleveland Clinic between 2007-2017"
- Bryan Naelitz ('21) for "Prolactin to Testosterone Ratio Predicts Pituitary Adenomas in Young Men with Mild Hyperprolactinemia"
- Selena Pasadyn ('21) for "Store-and-Forward Tele dermatology Impact on Diagnosis, Treatment, and Dermatology Referrals: Comparison Between Four Practice Settings"
- Sidra Speaker ('21) for "How do we address prediabetes in the outpatient setting?"
- Raoul Wadhwa ('22) for "A statistical test to characterize topology and structure of genomic networks"

**Congratulations to all!**



## Students volunteer at Celebrate Sisterhood

Kudos to the four students who recently spent their Saturday volunteering at Celebrate Sisterhood, a women's health and wellness summit attended by 600 women.

Andrea Boyd-Tressler ('21), Lauren Larkin ('21), Metabel Markwei ('22) and Stephanie Njemanze ('23) spent the day promoting the importance of breast and cervical cancer screenings as well as preventive care.

The event attendees were grateful not only to receive important health information, but also to witness the energy and enthusiasm of our medical students!



L to R: Lauren Larkin, Stephanie Njemanze, Metabel Markwei and Andrea Boyd-Tressler

## Six students lend a hand at Staff Celebration

Six CCLCM students — Jessica Cooperrider ('21), Diana Lopez ('23), Joseph Mauch ('23), Arbaz Momin ('22), Anthony Onuzuruike ('23) and Jonah Thomas ('21) — devoted a Saturday evening to helping out at the annual Cleveland Clinic Staff Celebration.

During the event, held on Sept. 28, the students introduced the retiring physicians.



L to R: Joseph Mauch, Jonah Thomas, Arbaz Momin, Jessica Cooperrider, Diana Lopez and Anthony Onuzuruike

"It was an honor to be asked to present the accomplishments of the retiring staff and truly celebrate the service that they have provided to their patients over the years," says Jonah. "The experience served as a reminder of the stellar healthcare providers who have paved the way for us in medicine."

The students' participation in the event was much appreciated by all.

## ALUMNI UPDATE

### Word from Wisconsin

Lauren Banaszak, MD ('17), and Brian Lewis, MD ('15), are currently training at the University of Wisconsin-Madison. Dr. Banaszak is a third-year internal medicine resident and will be chief resident next year. Dr. Lewis just completed his year as chief resident for the primary care track of the internal medicine residency – the photo was taken at his graduation ceremony – and he is now a geriatrics fellow.

"Both Brian and I are so grateful for the training we received at CCLCM that has allowed us to become leaders of our wonderful program!" says Dr. Banaszak.



# MARK YOUR CALENDAR



**Nov. 25 | 8 a.m. – 3 p.m.**

## **Clinical Education Retreat**

Samson Pavilion, Health Education Campus

**Nov. 25 | Noon – 1 p.m.**

## **Thanksgiving Luncheon**

Samson Pavilion, Health Education Campus

**Dec. 5 | 5:30 – 7 p.m.**

## **Faculty Promotion Workshop**

Cleveland Clinic, Lerner NA5-08

**Dec. 14 | 7 – 10 p.m.**

## **Doc Opera**

John Hay High School Auditorium

### **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

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