Students Commit to Poverty Education

Eight-week program immerses students in disadvantaged communities

For eight weeks this past summer, CCLCM hosted four students who interned at Cleveland Clinic as part of their academic studies around poverty.

Elizabeth Heller and Amanda Smith worked at Stephanie Tubbs Jones Health Center, located in East Cleveland, helping our Quality & Patient Safety caregivers evaluate data and process improvements. Julie Sklar and Issac Domenech focused on people struggling with addiction, rotating at the Free Medical Clinic of Greater Cleveland, Cuyahoga County Drug Court and Lutheran Hospital.

Elizabeth, Amanda, Julie and Issac are four of about a hundred students across the country who participate each year in the Shepherd Higher Education Consortium on Poverty summer internship program. The students are matched with sponsoring organizations that serve vulnerable populations, such as Cleveland Clinic, and spend the summer learning about poverty and working with professionals whose goal is community improvement.

To further immerse them into the realities of economic hardship, the students pledge to live on $14 a day. The $816 they’re given for the eight-week program must cover all their transportation, food and entertainment expenses.

“I’m a guy who had never had to shop or cook,” says Issac. “I’ve now learned how to cook and how to budget my money.”

After working closely with Kristin Englund, MD, infectious disease physician and volunteer at the Free Clinic, Issac also learned a great deal about bedside manners, teaching others and compassion. “She is the doctor I want to become when I grow up,” he says with admiration.

Julie, who also wants to go to medical school, appreciated the opportunity to shadow Dr. Englund, Jason Jerry, MD, and Judge David T. Matia. “The unique combination of the different components of my internship allowed me new insights into the struggles an addict faces on a daily basis,” she says, adding that she was inspired by their empathetic and compassionate care, and the judgment-free safe space they created that allowed patients to enter into a recovery state of mind.
Organizations collaborate to increase childhood literacy

Cleveland Clinic, the Shepherd Higher Education Consortium on Poverty, the Atlanta Speech School, the National Community Action Foundation and Kennesaw State University participated in an entire day of talks and discussions, with the goal of developing practical steps to increase childhood literacy and decrease the literacy gap between higher and lower income families.

Alan L. Hull, MD, PhD, Associate Dean for Curricular Affairs at CCLCM, and CCLCM students Rachael Baird ('19), Kelly Shibuya ('19), Bob Sun ('19) and Jessica Zhang ('20) attended the symposium, held July 30 at the Atlanta Speech School on Childhood Literacy.

Dr. Hull has been involved in leading medical students from CCLCM and the Case Western Reserve University School of Medicine in various facets of the Shepherd Consortium, including this symposium.

Georgia Governor Nathan Deal offered opening remarks at the symposium, and Brenda Fitzgerald, MD, Commissioner of the Georgia Department of Public Health and State Health Officer, spoke about the urgency to provide universal access to language and literacy.

"Patients with high blood pressure can participate in a grant-funded three-month program called Produce Prescription, which offers patients a chance to receive four $10 farmers market vouchers per month for three months just for getting their blood pressure checked. This encourages them not only to keep their appointments, but also to adopt or maintain a healthy lifestyle, which has been the aim for my whole internship: keeping up with health maintenance," says Elizabeth.

Amanda shares the sentiment. "I'm hoping that all the patient calls we made will help remind patients how important it is to keep up with routine checkups and tests, even if it seems like an inconvenience at the time," she says.

Despite the ongoing challenges of working with vulnerable populations, the students valued the opportunity to immerse themselves and, in some ways, "walk in their shoes."

"The experience was more than I expected," says Issac. "Even when we weren't 'doing' anything, we were still listening and learning."

Amanda adds that the most important thing she learned from the internship is how critical it is to look at things from another's perspective, which perhaps is the first step in understanding how to help those affected by poverty.
Dr. Young Delivers Eighth State-of-the-College Address

Despite the fact that Lerner College of Medicine students don’t receive grades, we have strong evidence that our students ‘make it’, said Executive Dean James B. Young, MD, in his eighth State-of-the-College address in July, citing a sophisticated portfolio system and excellent USMLE and Match results.

All our graduating students matched, with 58 percent going to their first-choice program and 74 percent going to one of their top three choices. Many of our students have headed to some of the most prestigious hospitals in the country, including Cleveland Clinic; Massachusetts General; New York-Presbyterian; Stanford Health Care; University of California, Los Angeles; and Yale-New Haven Hospital.

Many of the top-ranked hospitals according to U.S. News are eagerly taking our students, saying we’re doing well with our curriculum, remarked Dr. Young. In 2016, 42 percent of our students matched to a top 10 hospital, and cumulatively the percentage is 44.

“And it’s rewarding the number of students staying here for graduate medical education, and in Cleveland in general,” he said. Of the program’s 31 students, 12 are staying in Ohio for their residencies, and 11 of those students will remain at Cleveland Clinic.

Our 247 graduates are sprinkled throughout the U.S., and it’s the college’s goal to build a network of alumni across the country.

In his address, Dr. Young highlighted another successful year for the faculty, students and administrative staff involved in the Lerner College of Medicine. Here are some of the address highlights:

• The class of 2021 was chosen from about 2,000 applicants, the most ever.
• Our matriculant GPA and MCAT scores (despite a new scoring system) continue to trend higher than the national average. In 2016, the average CCLCM GPA was 3.78, and the average CCLCM MCAT score was 12.1 (36).
• We now count more than 1,500 physicians among our faculty, which helps with capacity challenges and faculty-to-student ratios.
• Financial support and the reputations of Cleveland Clinic and our faculty are still among the top reasons students choose the Lerner College. On the upswing is another reason: the city of Cleveland.
• We’re the only medical school program that we know of where the CEO offers all graduates a job if they want one.
• Five of our alumni have now been appointed to the Cleveland Clinic professional staff:
  • Sara Lappe, MD (‘09), General Pediatrics, appointed 2012
  • Christine Warren, MD (‘09), Dermatology, appointed 2013
  • Sumit Sharma, MD (‘09), Ophthalmology, appointed 2016
  • Neil Woody, MD (‘11), Radiation Oncology, appointed 2016
  • Kevin Shrestha, MD (‘13), Internal Medicine, appointed 2016

CONTINUED ON NEXT PAGE
Four of our students/alumni began their Cleveland Clinic education in our Civic Education program:

- Emily Holthaus ('16)
- Anne Song ('18)
- Alex Ulintz ('19)
- Alex Chaitoff ('19)

Seven alumni earned a GME Resident Teaching Award for 2015-16:

- Benjamin Abelson, MD, General Surgery
- Ehsan Balagamwala, MD, Radiation Oncology
- Donelle Cummings, MD, Internal Medicine
- Jason Lappe, MD, Cardiovascular Disease
- Neil Woody, MD, Radiation Oncology
- Thomas Cronin, MD, Emergency Medicine
- Bradley Gill, MD, Urology

Nine students were awarded an NIH Medical Research Scholarship, and four awards were declined for other awards, to which Dr. Young remarked, “This is a good situation!”

Dr. Young called out the program’s involvement with the Shepherd Higher Education Consortium on Poverty (see cover story), led by Alan L. Hull, MD, PhD, and the monthly cultural potluck dinners. “These programs are part of our diversity efforts and our goal of developing a bit more cultural competence,” he said. “One of the keys to genius is diversity — bringing people together to share different ideas, discourse and discernment.”

Progress on the new health education campus is “going like gangbusters,” said Dr. Young. The construction is on time and on budget. The campus is scheduled to open in summer of 2019.

Dr. Young fondly remembered Elaine Dannefer, PhD, Director of Medical Education Research and Assessment, who passed away earlier this year.

In closing, Dr. Young reflected on the cycle of renewal within education — each May our students graduate and each July we enter a new class — paraphrasing from a T.S. Eliot poem: “In my beginning is my end…. And in my end is my beginning.”

Associate Dean Kathleen Franco, MD, spent a few minutes describing the Class of 2021, which has the most female students of any of our classes.

Collectively, the students have held 117 leadership positions, have volunteered in at least 58 different healthcare activities and with 114 community service groups, and have earned 137 grants or scholarships. They have been involved in 101 oral presentations or posters before even entering medical school and have had 51 scientific publications to their credit.

Dr. Franco closed the address with an expression of gratitude to everyone on the college staff for their tremendous efforts and commitment to the college and its students.

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**Female Students: Interested in Orthopaedics?**

*If so, consider attending a special outreach program on Oct. 8*

CCLCM alumnae Amanda Whitaker, MD ('09) encourages all female medical students interested in orthopaedics to attend a Medical Student Outreach Program on Oct. 8, 2016, at Nationwide Children’s Hospital in Columbus, Ohio. The morning program offers case study presentations, hands-on mock orthopaedic surgeries, printed guide to residency, and mentorship from prominent women surgeons.

The program is part of the Perry Initiative, designed to engage female high school, college and medical school students in the fields of orthopaedic surgery and engineering.

[Get details about this free educational and mentorship opportunity.](#) Nationwide Children’s will provide housing for students who would like to drive down Friday evening for the Saturday morning program. The [application](#) deadline is Sept. 15.

Questions? Email [Dr. Whitaker](#) directly.
Microsoft HoloLens, an untethered mixed-reality device that allows users to interact with holograms (more accurately these are 3D stereographs), is making its debut into the curriculum as a tool for studying anatomy.

With the Health Education Campus set to open in 2019, Cleveland Clinic and CWRU were some of the first adopters to work with Microsoft in exploring applications of this technology to enhance education. One of the first ways that’s been identified is to help students understand human anatomy. A group of students, basic and clinical science faculty and course directors, HoloLens developers from the college technology team, cTEKI, Cleveland Clinic Medical Art & Photography, and biomedical engineering are developing content for cases used during cardiology and neurology courses. Students will start testing HoloLens this fall.

Neil Mehta, MBBS, MS, Assistant Dean for Education Informatics and Technology at CCLCM, is devoted to finding ways to make learning and teaching more efficient with technology, and he’s enthusiastically embraced using HoloLens for medical education.

“So imagine a sculpture on a table, around which five people are sitting. Each will see their viewpoint or perspective of it, but they can discuss it and interact with it all together. And as they walk around, it keeps track of which view they’re looking at,” says Dr. Mehta of HoloLens.

“We live in a 3D world, and every aspect of the human body, from the structure of the DNA, the manner in which molecules fit into receptors, to the relationship of blood vessels and nerves to organs, is best and most easily understood when viewed in three dimensions. HoloLens has the potential to help students learn faster, better while decreasing cognitive load. The response thus far from the students who have experienced HoloLens validates this belief.

“HoloLens will be used formally during the organ-system blocks for year 1 and 2 students this fall. Several students, including William Cantrell, Janet Adegboye and Anne Song, are deeply involved in these projects,” says Dr. Mehta.

Working together, Cleveland Clinic and CWRU developed an app for the HoloLens that allows viewers to explore at their own pace and from any perspective.

Read more about HoloLens, including details about the new HoloAnatomy app.

Using HoloLens technology, students can study anatomy in ways that are impossible otherwise, bringing an incredible opportunity for students to learn, not only more efficiently, but also in a way that few of us ever imagined possible.
HoloLens App Named Finalist in International Science Competition

Professionals at CCLCM and CWRU developed an app, called HoloAnatomy, for the HoloLens that allows viewers to get an inside view of the body. The app was recently named a finalist in the Jackson Hole Science Media Awards.

HoloAnatomy is going up against two competitors, one of which is Google, in the category “Virtual Reality and Augmented Reality.”

Winners will be announced on Sept. 21 at a conference in Boston. No matter which contestant wins the category, it’s a privilege to be in the company of innovative giants such as Google.

Read the full story.

Interested in an Advanced Degree in Health Professions Education?

If you’re a healthcare professional with teaching responsibilities who wants to increase your teaching skills, attend an information session on the Master of Education in Health Professions Education degree:

**Thursday, Sept. 8, 5:30 p.m.**

Lerner NA5-03/04

Speak directly with program faculty as well as past and current students.

This master’s degree program — a cohort-based model — is designed to help you enhance your skills in:

- Adult learning
- Curriculum design and instruction
- Learner assessment
- Program evaluation
- Educational scholarship

Many courses for this two-year program are taught by Cleveland Clinic faculty on Cleveland Clinic’s main campus on Tuesday evenings. Elective courses are offered at Cleveland State University. Some classes are online.

Apply beginning in the fall of 2016; classes begin in August 2017.

Get details about the program and how to apply.

This degree program is a collaboration between Cleveland State University’s College of Education and Human Services and the Cleveland Clinic Education Institute. RSVP for the Sept. 8 information session to MEHPESupport@ccf.org.

New Medical Education Postdoctoral Fellow Joins Cleveland Clinic

Sultana Mustafa, EdD, joined Cleveland Clinic as a postdoctoral fellow in medical education in August 2016. She will participate in a variety of research projects, including an independent research project linked to her current interests. She will also contribute to the Education Institute’s mission throughout her two-year fellowship experience.

Dr. Mustafa holds a doctorate in adult learning and leadership from Columbia University Teachers College, two master’s degrees (international educational development from Columbia University and industrial/organizational psychology from New York University), and a Bachelor of Science degree in economics from the University of Pennsylvania’s Wharton School.

During her graduate studies, Dr. Mustafa studied fourth-year medical students’ experiences developing scholarly projects. She also has experience with instructional design and research methods.

The postdoctoral fellowship, which is sponsored by the Cleveland Clinic Education Institute, provides social scientists with the opportunity to learn about the broad spectrum of medical education.

Please welcome Dr. Mustafa to Cleveland Clinic.

Faculty Updates

Julierut Tantibhedhyangkul, MD, is the new Co-course Director for Endocrinology & Reproductive Biology 2 course, replacing Marjan Attaran, MD.

Adele Viguera, MD, is the new Clerkship Director for Psychiatry, replacing Xavier Jimenez, MD.

Thank you, Drs. Attaran and Jimenez, for your time, efforts and commitment to our students. Welcome, Drs. Tantibhedhyangkul and Viguera!
CCLCM Faculty: Three Questions

Kendalle Cobb, MD
Physician Advisor and Longitudinal Preceptor

Q: What inspires you to teach?
As a family physician, I love relationships. Teaching is yet another way to accompany people on their path. I love seeing not only what people learn, but also how they develop over time.

Q: What’s one lesson you wish you would have learned in college/medical school?
I wish that I had known about Carol Dweck’s growth mindset. The idea of being able to get better at something, that not everything comes easily, would have freed me to seek more help in college. I learned that lesson in medical school, though I didn't have a name for it.

Q: If I weren't a physician at Cleveland Clinic and a faculty member at CCLCM, I would be ....
I used to joke that I would be a pretzel vendor in a mall, but I realized that I would take my attention to detail and obsessiveness even to that work. I would enjoy being a high school history or foreign language teacher. My major in college was medieval and modern European history. I love looking back at things that people wrote and said, and then reading between the lines to figure out the implicit message. I learned French from a young age, and Spanish starting in middle school. I love the phrasing and the common roots and differences in expressions.

Dr. Nally Retires from Clinical Practice

Joseph V. Nally Jr., MD, Director of the Center for Chronic Kidney Disease, retired from clinical practice at the end of August. Although he won't be seeing patients on a daily basis, he will continue to co-direct Renal Biology 1 and 2.

“I have mixed emotions about my retirement from clinical care, but I do look forward to seeing all of the med students and faculty as I continue my work in CCLCM,” says Dr. Nally.

Dr. Nally, we’re delighted that you’ll continue to share your expertise with CCLCM students, and we thank you for more than 40 years of putting patients first!
Resident Recognized for Outstanding Teaching, Patient Care

Congratulations to pediatrics resident Senthuran Vijayarajah, MD, who was recognized for his outstanding teaching and patient care, earning him the 2016 Arnold P. Gold Foundation Humanism and Excellence in Teaching Award.

As part of their Student Clinician’s Ceremony, third-year medical students select up to six resident physicians to receive The Arnold P. Gold Foundation Humanism and Excellence in Teaching Award. The award is based on the residents' demonstrated commitment to teaching and compassionate treatment of patients and families, students and colleagues. Each award winner is given a certificate, a specially designed gold lapel pin and a check for $250 from The Arnold P. Gold Foundation.

Dr. Vijayarajah was recognized at a special reception in April and received his award at the Student Clinician Ceremony in July, at which time the junior medical students were recognized as they transition to full-time clinical training.

Congratulations, Dr. Vijayarajah, on this well-deserved award!

Yuanjia Zhu Presents Thesis Findings at National Conference

Yuanjia Zhu ('17) presented some of her thesis findings at the American Heart Association Basic Cardiovascular Sciences conference in July in Phoenix, Arizona.

The title of her presentation was “Differential mRNA expressions in thoracic aortic aneurysm in patients with bicuspid and tricuspid aortic valve.”

Congratulations, Yuanjia!
CCLCM’s Jeffrey Shivak Shines in Bike-to-Cure Event

The avid biker rode 50 miles and conquered Cardiac Hill

Jeffrey Shivak, MEd, Senior Evaluation Manager with CCLCM, rode 50 miles in the 2016 VeloSano Bike-to-Cure event in July as part of Team Cleveland Clinic. The team, which boasted 35 members, raised $50,497 toward the fight for cancer, placing them in 13th place overall for total fundraising.

Below is Jeffrey’s account of the experience:

The 50-mile riders left downtown’s Mall B at 8 a.m.
It was a fluke that I started from the front row; two of my teammates were already there, and they told me to move up front so we could start Team CC with three abreast and “make Toby proud!”

The course was faster than I had expected, despite some rather poor road conditions. I found myself riding at 20 mph for the first few miles rather effortlessly, but backed that down to around 15 because I wasn’t certain I could maintain that pace for four hours. I had trained with a cadence of around 63 RPM, which equated to about 16 mph for the gear combination I used most often. I tried to draft off of some of the bigger riders as much as I could, but usually their pace was a little slower than what I wanted to ride at, so I found myself out in the open and by myself for much of the ride.

When we hit Geauga County, the sun was very bright and it was getting rather warm. Riding up “Cardiac Hill,” a section of Chagrin River Road that has an 8 percent grade, was a surreal experience. So many good cyclists were falling out, getting cramps and walking their bikes up the hill. I just kept thinking to myself, “That’s not going to be me.” Miraculously, I made it, staying in the saddle the whole way, albeit going only 2 mph at some points up that hill!

The last 15 miles were tough. My hands were completely numb from gripping the bars for so long and so sweaty they kept slipping off the brake paddles, making for some interesting riding in traffic.

As I neared the main hospital entrance, I saw some commotion. As I got closer, I saw that they had wheeled out a pediatric cancer patient. The little guy high-fived me as I slowed down and rode by, and he thanked me for riding, which was really touching.

When I crossed the finish line, I learned that the timing equipment had been malfunctioning during the day, so I don’t have an official finish time. I tracked the ride on my FitBit and clocked my ride at 4 hours, 30 minutes and 36 seconds, well off my personal goal of trying to finish in less than 4 hours.

The support staff and volunteers were awesome. They took really good care of us, and there’s no way an event like this could happen without them. From the kick-off party to the finish-line celebrations, VeloSano was a really great event.

I personally raised $1,160 and want to thank all my generous donors.

VeloSano 4 is July 21-23, 2017. Bike to Cure!

Jeffrey Shivak, far left, second row, wearing orange sunglasses
Alumnus Explains the Importance of Reading Nutrition Labels

CCLCM alumnus Sara Lappé MD, MS ('09) writes a regular column for U.S. News Health. In July, she published “A Healthier Life Starts With Reading the Food Label,” offering advice to parents on how to spot added sugar.

Following her pediatric residency at Duke University Children’s Hospital, Dr. Lappé joined Cleveland Clinic, where she serves as the medical director of the Be Well Kids Clinic, a weight management clinic at Cleveland Clinic Children’s. She and her husband, Jason ('09), a cardiology fellow at Cleveland Clinic, have two daughters.
$628,000 Grant Earmarked for Interprofessional Collaboration

The Interprofessional Learning Exchange and Practice (I-LEAP) has received a four-year, $628,000 grant from the Josiah Macy Jr. Foundation.

I-LEAP, a Case Western Reserve University consortium, involves three clinical partners: Cleveland Clinic and two local federally qualified health centers, Care Alliance and Neighborhood Family Practice. The group also involves these professional programs: Case Western Reserve’s Frances Payne Bolton School of Nursing; School of Dental Medicine; the Jack, Joseph, and Morton Mandel School of Applied Social Sciences; and the School of Medicine.

I-LEAP was designed to:

• improve student knowledge, skills, attitudes and behavior about interprofessional collaborative care
• train faculty members and create a curriculum to foster interprofessional cooperation
• position students to successfully function as teams to promote healthcare at project sites

I-LEAP is a crucial component of the joint Health Education Campus (HEC) project, led by Cleveland Clinic and Case Western Reserve University. Scheduled to open in 2019, the HEC will house programs in medicine, nursing, dental medicine and physician assistants, and continue collaborations with social work students. The HEC is designed to promote interaction among students from different disciplines and supports a learning environment that will prepare graduates to be successful in this new era of team-based care.

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

**September 8, 2016 | 5:30 p.m.**
Master of Education in Health Professions Education degree information session
Cleveland Clinic, NA5-03/04

**October 18-19, 2016**
Fall OSCEs for Year Twos
Cleveland Clinic

**October 25, 2016 | 7:30-11 a.m.**
New Faculty Orientation
Cleveland Clinic, NA3-57

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
Taylor Patterson, Writer
Melissa Kus, Writer
Thomas A. Fenn, Art Director