



EMORY  
UNIVERSITY  
SCHOOL OF  
MEDICINE

Department of Family  
and Preventive Medicine



Monthly News: Jan. 2022

## 55 Words from the Chair



We are already one month into 2022. Time flies!  
While the pandemic is still a mental and physical

challenge, we have much to celebrate. New babies; new funding, presentations, and publications; educational milestones; service awards and opportunities; and ongoing DEI and faculty development initiatives. This is just the beginning of what we'll achieve – stay tuned!

## Welcome to the FPM Family!



Congratulations to **Dr. Kevin Day** on the new addition to his family! Aaron Robert Day was born on 12/15/21 and he is doing very well!



Congratulations to **Dr. Aparna Mark** on the new addition to her family! Dhani Mark Kamaraju was born 12/13/21 on Dr. Mark's grandmother's 84th birthday. Big sister Arya is very excited to have a baby brother!

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**Wellness Corner**



## Can we purposefully seek growth from adversity?

The mantra “what doesn't kill you makes you stronger” resonates with many of us, but what does the science say about it? As might be expected, it's complicated! People often find a way to find meaning from challenging experiences, make peace with them, or gain a better understanding of themselves and others. But not surprisingly, there is a lot of variation in how people respond to adversity (for example, [here](#), [here](#), and [here](#)). The science of **post-traumatic growth** may offer some guidance on the factors that lead to growth in response to challenging life circumstances.

Interested in post-traumatic growth? Here are some other resources:

- [Harvard Business Review](#)
- [Positive Psychology](#)
- [Greater Good: Can Any Good Come of Our COVID Lockdowns?](#)

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# What You Need to Know About Masks

Epidemiologists **Dr. Jodie Guest** (PA Program) and Dr. Marybeth Sexton (Infectious Diseases) go through the gamut of respiratory masks, from the heavy-duty N95 to surgical masks to cloth masks. What's the difference between them? How do you get the right fit? (Using actual masks and showing how to do it.) What are some problems with surgical and cloth masks? "[Wearing the right mask] is one of your best defenses to add on top of vaccinating and boosting," says Dr. Guest. *(9 minute video below)*



**Transformative  
Research**



## News



**Dr. Neena Ghose** has been accepted into the [Emory Spring 2022 Public Scholars Institute](#). Co-sponsored by the Center for Faculty Development and the Emory College Office of Communications, the Public Scholars Institute is a four-session curriculum for faculty interested in engaging more deeply with various forms of traditional and new media and public audiences to heighten the profile and influence of their research and scholarship.

The curriculum is activity-oriented and participatory, with workshops focused on helping participants hone their expertise in each topic area. The 4 sessions cover:

- Communicating With a General Audience
- Your Online Identity and Finding Your Comfort Zone in Social Media
- Media Training (or, How to Become an "Expert")
- "Engaging a Live, Non-Expert Audience" Workshop with [Dad's Garage Theater](#)

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## Recent Awards



**Dr. Miranda Moore** is Co-PI on a newly-funded project "Assessing a new measure of community-level dementia-friendliness." The Alzheimer's Association has funded this project from Dec. 2021 to Nov. 2023 for \$250,000. Dr. Moore's Co-PIs are Dr. Alexis Bender from the Department of Medicine, Division of Geriatrics

and Gerontology, and Dr. Fayron Epps from the Nell Hodgson Woodruff School of Nursing.

Abstract: As the United States population ages, experts estimate the prevalence of Alzheimer's and related dementias will increase dramatically. Organizations and researchers have deemed building dementia-friendly communities a priority for everyone, and innovative programs are being developed to meet the educational and infrastructural needs of individuals living with dementia and their caregivers. However, there are no currently available tools to assess how dementia-friendly a community is or the effectiveness of these interventions to increase dementia-friendliness. Through a partnership with the Alter program, which aims to improve the physical and mental health outcomes of African American church community members using educational and infrastructural interventions, we propose to use survey methodology and factor analysis to create and validate a measure to assess the level of dementia friendliness of these faith communities.

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**Dr. Leslie Johnson** is a co-investigator on a recently awarded U01 grant funded by NIDDK. The study entitled, "An Adaptive Intervention Trial of Home Testing with Behavioral Nudges for Improving COVID-19 Testing and Prevention among People Affected by Diabetes," aims to provide important data on the role of COVID-19 home testing on continued pandemic control and vaccination acceptance.

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Congratulations to **Dr. Ted Johnson** and **Dr. Jennifer Mascaro** on their recent funding award! In response to HRSA's program purpose to support the COVID-19 era health workforce with high-quality training for the health professions and nursing, The **A**tlanta's **R**esiliency **R**esource **f**or frontline **W**orkers (ARROW) will leverage academic practice partnerships and engage stakeholders in a sustainable community of front-line workforce resiliency training. This program will offer comprehensive resources for resiliency enrichment, training, and professional development for both practicing and student nurses, physicians, and public safety personnel.

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## **Recent and Upcoming Presentations**



Dr. Moore



Dr. Gandrakota



Dr. Johnson

**Dr. Miranda Moore** and the Healthy Kitchen Team including Family Medicine resident **Dr. Nikhila Gandrakota** won an *Excellent Research Poster Award* for their poster "Dietary, cooking, and eating pattern outcomes from the Emory Healthy Kitchen Collaborative Emory University" at the American College of Lifestyle Medicine 2021 (virtual) Annual Meeting, November 7-10, 2021.

**Dr. Leslie Johnson** presented a poster entitled, "Applying the behavior change wheel to facilitate integration of hypertension care into HIV clinics in South Africa" on behalf of the iHEART-SA team at the 14th Annual Conference on the Science of Dissemination and



Implementation in Health held virtually December 14-16, 2021. This abstract presented research conducted as a part of the formative phase of the iHEART-SA study. Dr. Johnson also chaired a session “Strategies for Implementing mental health evidence-based practices in diverse settings.”

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## Highlighted Opportunities:

### **8th Annual Health Services Research Day May 4, 2022**

Emory School of Medicine Building,  
Auditorium 110

Symposium and networking opportunity where GA researchers learn about ongoing quality, effectiveness, and value-based research activities, including access to health care, health care delivery, and outcomes.

KEYNOTE SPEAKER: Elizabeth McGlynn, PhD  
Professor of Health Science Systems Executive  
Director, Center for Effectiveness and Safety  
Research Vice President, Kaiser Permanente  
Research

[Submit your abstract](#) by **March 7, 2022**.

[Register now](#) and [view examples](#) of successfully submitted abstracts.

For more information, visit <http://bit.ly/HSRDay>.

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## **Invitation for Underrepresented Researchers in Medicine in the Areas of Vascular factors, Alzheimer's Disease and Related Disorders**

The Goizueta ADRC in collaboration with the Department of Medicine Diversity, Equity, & Inclusion Council has issued a special request for applications from trainees and junior faculty from backgrounds traditionally underrepresented in medicine, who are interested in developing greater experience in Alzheimer's disease (AD) and Alzheimer's disease-related dementias (ADRD) research. Applicants will have the opportunity to enhance their career interests in CV and AD/ARD research through tailored mentorship, lectureship, and hands-on training. In addition to scholarly support, this opportunity will provide funding of \$10,000/year to support or supplement a small research study, financial support for travel to workshops or training relevant to the applicant's career stage, assistance in manuscript and grant writing, and more. Further details are available [here](#).

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## **Events**

### **New Faculty Member Lecture, Feb. 15**

All are welcome - register [here](#).



**Deanna Kaplan, PhD**

F32 Postdoctoral Fellow, Brown University  
Incoming Assistant Professor, Division of Preventive Medicine, Emory University

**Health in its "natural habitat": Leveraging multi-method mobile assessment technologies for clinical research**

*What sequence of events preceded your last bad headache? How much time did you spend engaged in supportive interactions with others over the last week?*  
The majority of factors that impact health occur outside of medical settings but measuring biopsychosocial determinants of health directly from daily life has been historically elusive. Dr. Kaplan will discuss her work using mobile assessment technologies to investigate how momentary activities, environments, social interactions, and natural daily language use relate to a wide range of psychological and physical health outcomes.

Tuesday  
February

15

12:00-1:00 pm

Registration Link: <https://tinyurl.com/KaplanEmory>

[@EmoryFamMed](#)

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## FPM Research Meeting, Feb. 18



The next department research meeting will be on Friday, February 18 2022 12:00-1:00 pm. **Dr. Ted Johnson** will be presenting his work on equity in publishing. All are welcome to join. Here is the Zoom [link](#).

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**Featured Researcher:**  
**Megha Shah, MD**



**What is your professional background?**

I am a family physician and health services researcher. I completed my undergraduate degree at Duke, where I majored in political science and health policy. I then did my medical training at the University of South Alabama, followed by my residency training at Duke. I then did a health services research fellowship through the Robert Wood Johnson Foundation at the University of Michigan, where I completed a Master's program in healthcare and health care research.

**In what division do you work and who is your mentor?**

My primary division is Family Medicine, but my mentorship team is across Emory University. My primary mentors are Dr. KM Venkat Narayan at Rollins and Dr. Mo Ali.

**Briefly describe your research. Why is it important?**

My research stems from my clinical experience. We often see patients who just struggle with the

management of their chronic health conditions for a variety of reasons—it may be that they come from a different culture and English is a second language, or have trouble with transportation, or can't pay for medications. We have a growing evidence-base for how to help folks that have trouble managing their chronic health conditions, but it's often hard to take what we read about and apply it to different groups. My focus is on how we take evidence-based programs for diabetes management and prevention and adapt them for immigrant communities in Atlanta. I do this through community-engaged research in the South Asian community. Figuring out how we take what we know can work from the published literature and adapting it to the communities in which we work is the backbone of translation and implementation science.

**What do you like most about Emory?**

I have found Emory to be an incredibly collaborative environment, which I have loved. For me, I have also loved that I can do a little bit of everything here. I still get to work with students and residents, see my own panel of patients, and engage in research that I'm passionate about.

**What do you like to do in your spare time?**

What's that? (j/k!) I enjoy time with my family! My husband is also on faculty at Emory and we have 2 kids. We love exploring what ATL has to offer!

**What is a fun fact about you?**

I'm an aspiring (very amateur) yogi and made it my COVID goal to learn how to do "sirsasana"

pose (a yoga headstand)!

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## Recent Publications

### Collaborative department publications

**Dr. Kim Curseen, Dr. Ashima Lal, and Dr. Ali John Zarrabi** published [Financial Hardship and Quality of Life Among Patients With Advanced Cancer Receiving Outpatient Palliative Care: A Pilot Study](#). *Cancer Nurs.* 2021 Dec 30. doi: 10.1097/NCC.0000000000001052. Online ahead of print.

**Dr. Leslie Johnson and Dr. Mo Ali** published [Effect of a Collaborative Care Model on Anxiety Symptoms Among Patients with Depression and Diabetes in India: The INDEPENDENT Randomized Clinical Trial](#). (*General Hospital Psychiatry*. 2022;74: 39-45. doi: 10.1016/j.genhosppsy.2021.11.003.)

**Dr. Leigh Partington and Dr. Ted Johnson** published [Roles of Academic Writers in a Department: Benefits, Structures, and Funding](#). *Fam Med*. 2022 Jan;54(1):16-23. doi: 10.22454/FamMed.2022.465116. PMID: 35006595

**Dr. Megha Shah and Dr. Mo Ali** published [A culturally adapted, social support-based, diabetes group visit model for Bangladeshi adults in the USA: a feasibility study](#). *Pilot Feasibility Stud.* 2022 Jan 24;8(1):18. doi: 10.1186/s40814-022-00974-9.



## Faculty publications

### Dr. Mo Ali:

- [Temporal changes in diabetes prevalence and achievement of care goals in urban South Asia from 2010 to 2016 - The Center for Cardio-metabolic Risk Reduction in South Asia Study.](#) *Diabet Med.* 2021 Feb;38(2):e14424. doi: 10.1111/dme.14424.
- [COVID-19 and tobacco cessation: lessons from India.](#) *Public Health.* 2022 Jan;202:93-99. doi: 10.1016/j.puhe.2021.11.010.
- [Time to start addressing \(and not just describing\) the social determinants of diabetes: results from the NEXT-D 2.0 network.](#) *BMJ Open Diabetes Res Care.* 2021 Dec;9(Suppl 1):e002524. doi: 10.1136/bmjdr-2021-002524.
- [Environmental risk factors for reduced kidney function due to undetermined cause in India: an environmental epidemiologic analysis.](#) *Environ Epidemiol.* 2021 Sep 24;5(5):e170. doi: 10.1097/EE9.0000000000000170. eCollection 2021 Oct.

### Dr. Sarah Cross:

["That little bit of time": Transition-to-Hospice Perspectives from Hospice Staff and Bereaved Family.](#) (*Innovation in Aging.* 2022 Jan 18. doi: 10.1093/geroni/igab057

### Dr. Jodie Guest:

- [Decontamination of SARS-CoV-2 from cold-chain food packaging provides no marginal benefit in risk reduction to food workers.](#)

*Food Control*. 2022 Jan 20;108845. doi:  
10.1016/j.foodcont.2022.108845.

- [Association between the geographic accessibility of PrEP and PrEP use among MSM in nonurban areas.](#) *J Rural Health*. 2022 Jan 7. doi: 10.1111/jrh.12645.

**Dr. Ted Johnson:**

[Updating the landmark literature for the practice of geriatrics: Notable articles from 2012-2019.](#) *J Am Geriatr Soc*. 2022 Jan 25. doi: 10.1111/jgs.17661.

**Dr. Ambar Kulshreshtha:**

[Physician attitudes and self-reported practices towards prostate cancer screening in Black and White men.](#) *Fam Med*. 2022; 54(1):30-37.  
DOI: 10.22454/FamMed.2022.474827

**Dr. Miranda Moore:**

- [Placing nurse-led programs in the hands of the right consumers: The value of collaborating with branding consultants.](#) *Res Gerontol Nurs*. 2022 Jan-Feb;15(1):2-4. doi: 10.3928/19404921-20211209-01
- [The Alter Program: A nurse-led, dementia-friendly program for African American faith communities and families living with dementia.](#) *Nursing Administration Quarterly*. 2022 Jan-Mar 01;46(1):72-80. doi: 10.1097/NAQ.0000000000000506.

**Dr. Megha Shah:**

- [Diabetes and hypertension among South Asians in New York and Atlanta leveraging hospital electronic health records.](#) *Diabetol Metab Syndr.* 2021 Dec 18;13(1):146. doi: 10.1186/s13098-021-00766-w.
- [PENTOSAN POLYSULFATE AND VISION: Findings from an International Survey of Exposed Individuals.](#) *Retina.* 2021 Jul 1;41(7):1562-1569. doi: 10.1097/IAE.0000000000003078.

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## Educational Investments for our future

### PA Program Graduates 50th Class!

Congratulations to the historic PA Class of 2021  
and the whole PA Program Team!



You can watch the [PA Program Class of 2021 Honors Ceremony](#) and the [PA Program Class of 2021 Graduation Ceremony](#). The Graduation Ceremony featured Charles Bearden, PA-C, CPTC, graduate of Emory's first class of PA graduates, speaking on the history of the PA profession and his memories of Emory.

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## **Four Family Medicine Residents Match in Sports Medicine**



**Dr. Emma Cronk** matched at Maine Medical Center Sports Medicine Fellowship



**Dr. David Neuberger** matched at University of Louisville Sports Medicine Fellowship



**Dr. Pooja Sharma** matched at Northside  
Hospital Sports Medicine Fellowship





**Dr. Altelisha Taylor** matched at UCLA Sports Medicine Fellowship

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## **FPM Faculty Share Educational Expertise through FAALI**

The video library curated by Emory Faculty Academic Advancement, Leadership, and Inclusion (FAALI) has new selections featuring familiar faces.



**Dr. Maha Lund**



**Jeremy Amayo, PA-C**



**Dr. Ali John Zarrabi**



**Dr. Paul DeSandre**

**Dr. Maha Lund** presented [Educational Scholarship in a Nutshell](#) with Dr. Linda Lewin

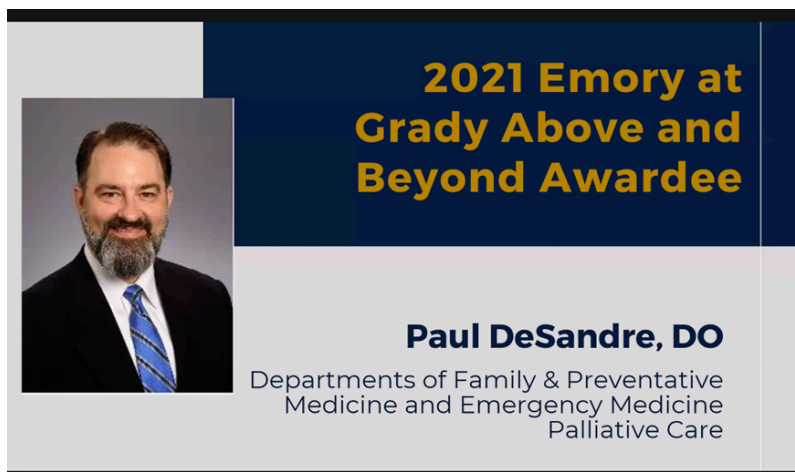
**Jeremy Amayo** presented [Smile! You're on Camera: The Non-Videographer's Guide to Creating Engaging & Educational Videos](#)

**Dr. Ali John Zarrabi**, Dr. Holly Gooding, and **Dr. Paul DeSandre** presented [Using Art and Museums to Enhance Learning in Health Professions Education](#)

## Being of Service

### **DeSandre receives 2021 Emory@Grady Above and Beyond Award**

This award has been established to recognize a faculty member whose performance goes beyond the expectation of their position and advances the mission and vision of the School of Medicine. Congratulations, **Dr. DeSandre!**



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## Quest chosen for EVPHA Search Committee



**Dr. Tammie Quest** has been selected to serve on the Search Advisory Committee for Emory's next executive vice president for health affairs (EVPHA). The committee [members](#) represent a wide range of disciplines and specialties from across the Woodruff Health Sciences Center (WHSC). Emory President Greg Fennes is chairing the committee so he can engage



directly throughout the search process—  
gathering feedback on this important leadership  
position for Emory.

Information about the search, along with an  
opportunity to provide your thoughts about the  
next EVPHA, including nominations, is available  
on the search [website](#).

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## **Call for RYSE Health Equity Volunteers**

The RYSE DEI Council is seeking volunteers to  
serve on the 2022 Health Equity Day  
Committee. This year's event will be held **May  
17, 2022**.

Health Equity Day brings together faculty, staff,  
and trainees from all divisions, providing a  
platform to share compelling new findings and  
identify opportunities for collaboration. The  
program will include equity-related  
presentations on clinical quality, research,  
education, professional development, advocacy,  
and outreach; a case competition; a storytelling  
pre-event; and a keynote address.

If you are interested, please submit your name and  
a brief comment about your interest in the position  
to [Jada Bussey-Jones, MD](#).

# News from the DEI Council

**The Department Climate Survey is complete. Thank you to everyone who took the time to complete the survey.** The Council is analyzing the data and will share the results soon.

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## DEI Recommended Reading

**In this new monthly column,** members of the DEI Council will recommend articles that might be of general interest.

January's focus is representation in research:

Sanders, J. J., Gray, T. F., Sihlongonyane, B., Durieux, B. N., & Graham, L. (2021). [A Framework for Anti-Racist Publication in Palliative Care: Structures, Processes, and Outcomes](#). *Journal of Pain and Symptom Management*. 2021 Oct 16.

"As constituents of academic publishing, we have an obligation to re-examine and reformulate the structures and processes that underlie manuscript solicitation and review, and the outcomes by which we measure merit for dissemination and publication. To support this effort, publishers should develop and require authors to complete anti-racist publication educational modules as a pre-condition for publication. To further guide researchers in meeting reporting standards that align with anti-racist principles, the

authors propose an Equity in Publication checklist (*Table 1 below*), which provides a formalized assessment tool to enhance the quality of reported research."

*Table 1*  
**Equity in Publication Checklist**

	Yes	No
1. Authors have completed anti-racist equity-in-publication educational module.		
2. Authors define and properly cite equity-oriented concepts in the submitted manuscript.		
3. Authors define inclusion and exclusion criteria that assesses categories of disadvantage (e.g., socioeconomic status, sex, race, ethnicity, etc.) or justify why this is not possible.		
4. Authors should avoid identifiers that may suggest continental geographic origin as a proxy for racial identity, e.g., European American, or African American, as well as terms that evoke historical conceptions of white superiority, e.g., Caucasian.		
5. Authors disaggregate race (e.g., South Asian and East Asian as distinct "Asian" populations) and acknowledge and justify when not possible.		
6. Authors should avoid the uncritical use of white populations as the reference group or "norm" in reporting the outcome of statistical processes, e.g., odds ratios.		
7. Where relevant, authors include citations and references of published work by scholars in the field of study who are from historically and traditionally racial and ethnic minoritized backgrounds.		
8. When relevant, authors include search terms in their manuscript abstract that are related to health equity, racism, disparities, bias, discrimination, and/or social justice.		
9. Authors include a section on "Relevance to Health Equity," in which they discuss the implications for researchers, clinicians, and policy-makers, as well as the applicability, transferability, implications, and external validity of study findings for disadvantaged groups of interest.		

### Further reading:

Armstrong K, Ritchie C. [Research Participation in Marginalized Communities—Overcoming Barriers](#). *New England Journal of Medicine*. 2022 Jan 15.

Swenor B, Deal JA. [Disability Inclusion as a Key Component of Research Study Diversity](#). *The New England Journal of Medicine*. 2022 Jan 15.

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## SOM Diversity Council Newsletter

[Read January Issue.](#)

Subscribe by emailing [somdei@emory.edu](mailto:somdei@emory.edu)

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## Monthly DEI Pearls Coming Soon

DEI Education Snippets



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## DEI Council Spotlights:

Each month, the FPM DEI Council will spotlight a different staff member of the department. This month, the council spotlights **Ms. Yan Zhang, Administrative Assistant, Division of Family Medicine.**



***Yan Zhang, BA***  
***Administrative Assistant***

***1. What do you like to do in your spare time, outside of work?***

In my spare time, I enjoy walking and dancing exercise. Spending time with my family and friends.

***2. Birthdate:*** September 26

***3. Home town (please tell us a few interesting items about your birthplace):*** My hometown is Zhengzhou City in Henan Province, China. Zhengzhou is the capital of Henan and is

located in the center of China with a population of about 13 million people.

The 2<sup>nd</sup> longest river in China, the “Yellow River,” runs through the city. It’s the railway center of the nation. The city has changed rapidly in the last few years. Every time I visit, there are new buildings and skyscrapers being built. Zhengzhou is also famous for being home to the Shaolin Temple where Shaolin Martial Arts and Kungfu are practiced.

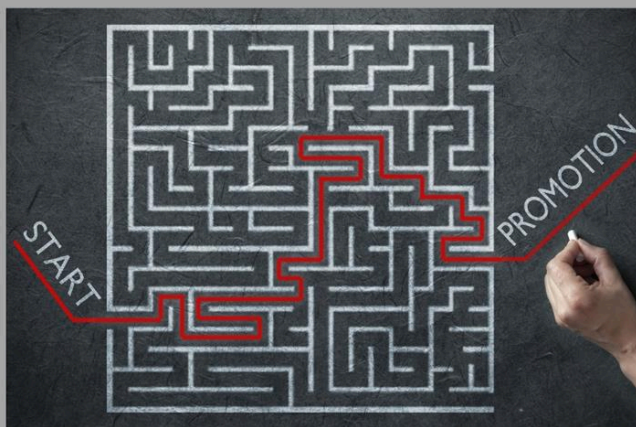
***4. A fun fact about yourself.***

I really enjoy Chinese folk dancing and recently started teaching my granddaughter how to speak Chinese so that she can learn about her heritage.

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**News from the  
Faculty  
Development  
Committee**

## Thinking about promotion?



The process for promotions that will be **effective Sept. 1, 2023** begins soon. Talk to your division or program director now to determine your readiness.

**Our department deadlines can be found [here](#).**

- If you are going up for Associate Professor (non-tenure) in the service or teaching area of distinction, talk to your division or program director **by April 4**.
- If you are going up for Associate Professor or Full Professor in the scholarship area of distinction, talk to your division or program director **by May 16**.
- If you are going up for Full Professor in the service or teaching area of distinction, talk to your division or program director **by July 15**.

We also highly recommend that you view the following video: [Understanding Promotion in the School of Medicine](#) before meeting with your division or program director.



Please note that our department deadlines are different from the School of Medicine deadlines. You should follow our department deadlines.

Got news? Please send your announcements and photos to [leigh.partington@emory.edu](mailto:leigh.partington@emory.edu).

The DFPM newsletter is published monthly.



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**Department of Family  
and Preventive Medicine**

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