

DEPARTMENT OF MEDICINE NEWSLETTER

**May-June
2015**

Volume 3: Issue 3



Our Mission

"To improve the health of the communities we serve through education, biomedical research and healthcare."

Inside this edition...

- New Faculty
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- Resident/Fellow Scholarship
- PCORI Pipeline Grant



Editor: Caroline Wright
wrigcaro@upstate.edu
315-464-4527



Welcome, New Faculty!

We are excited to announce the new faculty members that will be joining the Department of Medicine as of July 1, 2015

Muhammad Arif, MBBS, Clinical Assistant Professor, is joining the Gastroenterology Division. He received his medical degree from Aga Khan Medical University in Pakistan. He did his residency and Gastroenterology Fellowship here at Upstate Medical University in Syracuse NY.

Nidhi Bansal, MBBS, Clinical Assistant Professor, is joining the Endocrinology Division. She received her medical degree from Maulana Azad Medical College in New Delhi, India. She did her residency at Upstate Medical University in Syracuse, NY, and her Endocrinology Fellowship here as well.

Nabamita Bisen, MBBS, Clinical Assistant Professor, is joining the Pulmonary Division. She received her medical degree from Calcutta Medical College in Kolkata, India. She completed her Residency in Internal Medicine at SUNY Upstate Medical University in Syracuse, NY and did Fellowships in Pulmonary and Critical Care Medicine and Geriatric Medicine here as well.

Vikram Bisen, MD, Clinical Assistant Professor, is joining the Cardiology Division. He received his medical degree from Upstate Medical University in Syracuse, NY and completed his residency and Cardiology Fellowship here as well.

Eduardo Bonilla, MD, Clinical Assistant Professor, is joining the Rheumatology Division. He received his medical degree from Universidad de Costa Rica in San Jose, Costa Rica. He did his Internal Medicine Residency and Rheumatology Fellowship at SUNY Upstate Medical University in Syracuse, NY.



A Robin sits her nest on the front door wreath of Dr. Iannuzzi's house. What better place to welcome Spring.

Debanik Chaudhuri, MD, MBBS, Clinical Assistant Professor, is joining the Cardiology Division. He received his Bachelor of Medicine and Bachelor of Surgery in Kolkata, India, and his medical degree at Postgraduate Institute of Medical Education and Research in Chandigarh India. He completed the Residency in Internal Medicine and a Fellowship in Cardiovascular Diseases, at SUNY Upstate Medical University in Syracuse, NY, as well as a Fellowship in Interventional Cardiology at the Beth Israel Deaconess Medical Center in Boston, MA.

Divey Manocha, MBBS, Clinical Assistant Professor, is joining the Gastroenterology Division. He received his medical degree from Maulana Azad Medical College in New Delhi, India. He did his residency and Gastroenterology and Hepatology Fellowship at Upstate Medical University in Syracuse, NY.





New Faculty Cont...

Muhammad Naqvi, MD, Clinical Assistant Professor, is joining the Hematology/Oncology Division. He received his medical degree from Rawalpindi Medical College in Pakistan. He did his residency at the University of New Mexico in Albuquerque, NM. His Hematology/Oncology Fellowship was completed at University of New Mexico Cancer Center in Albuquerque, NM.

Avneet Singh, MD, Clinical Assistant Professor, is joining the Cardiology Division. He received his medical degree from Maulana Azad Medical College in New Delhi, India. He did his residency and Cardiology Fellowship at Upstate Medical University in Syracuse, NY.

Abirami Sivapiragasam, MD, Clinical Assistant Professor, is joining the Hematology/Oncology Division. She received her medical degree from Tver State Medical Academy in the Russian Federation. She did her residency and Hematology/Oncology Fellowship at Winthrop University, an affiliate of Stony Brook, in Mineola, NY.

Zachary Williamson, MD, Clinical Assistant Professor, is joining the General Internal Medicine Division. He received his medical degree from Upstate Medical University in Syracuse, NY, and has completed his residency here as well.

Retirements/Emeritus



Dr. Peter Cronkright will be retiring effective August 26, 2015, after 15 years of service to Upstate. Dr. Cronkright was born in Michigan, and did all his medical training there. He began with Upstate at the Manlius site and later went to UHCC, where he was the Medical Director for Adult Medicine from 2007-2013. He is the driving force behind the Refugee Clinic which provides medical care for approximately half the refugees in the Syracuse area. He is the recipient of numerous awards for his teaching and his care of the refugees, migrant workers, and other underinsured people. He will be greatly missed by the Upstate community and the community he served.

Dr. Lorne Runge, Clinical Associate Professor, Rheumatology Division, retired effective April 29, 2015 at which time he was appointed Clinical Associate Professor Emeritus.

Dr. Runge's first faculty appointment here at Upstate was August of 1975 as an Assistant Professor, with a joint appointment in Rehab Medicine. In 1980 he was promoted to Associate Professor. He was the acting Chief of Rheumatology in 1981. In June of 1987, Dr. Runge resigned from the full time faculty to enter private practice in Syracuse. Since that time, he has maintained a voluntary faculty appointment.

Early in 2010 Dr. Runge returned as an independent contractor and was granted hospital privileges in order to assist the Rheumatology Division at a time they were understaffed. After five years of returning to clinical service here, he has decided to retire.





Welcome, New Interns!

*We are excited to announce the new Interns that will be joining the
Department of Medicine as of July 1, 2015*



Ahlum, Jessica
*Temple University School of Medicine
Categorical-Neurology*



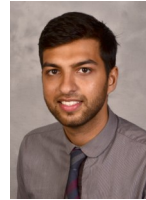
Akhtar, Komal
St. George's University School of Medicine



Baranos, Stamatis
St. George's University School of Medicine P - Anesthesiology



Ben Gabr, Jihad
Ross University School of Medicine



Bhatti, Zabeer
St. George's University School of Medicine



Butala, Steve
Medical University of Lublin



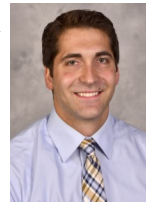
Chan, Vivian
Ross University School of Medicine



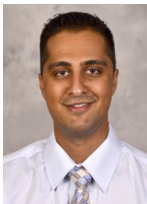
Chandak, Rahul
Topiwala National Medical College Categorical-Neurology



Chen, Yinan (Fiona)
Peking Union Medical University P - Anesthesiology



Dean, Ryan
New York College of Osteopathic Medicine of NY Institute of Technology



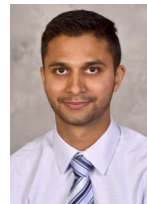
Doobay, Ravi
Saba University School of Medicine



Durwas, Kanak
St. George's University School of Medicine P - Radiology



Dutta, Sakshi
American University of the Caribbean School of Medicine



Gill, Dalvir
Ross University School of Medicine



Gilman, Christy Ann
University of Hawaii, John A. Burns School of Medicine



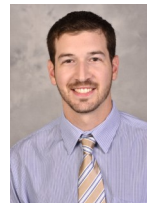
Grandstaff, Melanie
American University of the Caribbean School of Medicine



Gudlavalleti, Aashrai
Kilpauk Medical College P - Neurology



Her, David
State University of New York Upstate Medical University P-PM&R



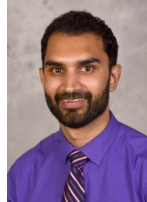
Howland, Jeffrey
American University of the Caribbean School of Medicine



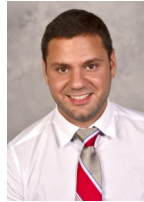
Iqbal, Shaiqan
St. George's University School of Medicine P-Anesthesiology



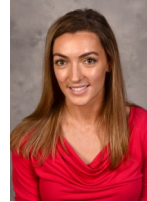
Khan, Babar
Aga Khan University Medical College



Khan, Rashad
St. George's University School of Medicine



Kobrossi, Semaan (Simon)
American University of Beirut Faculty of Medicine



Krowl, Lauren
American University of Antigua College of Medicine



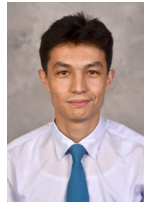
Mannava, Kavitha
State University of New York UMUP-Radiation Oncology



Masuta, Pardeep
Ross University School of Medicine



Nepal, Anshu
Fatima Jinnah Medical College for Women



Nurmukhamedov, Bakhtier
Tashkent Medical Academy Uzbekistan Categorical-Neurology



Oehler, John
Ross University School of Medicine P-Anesthesiology



Patel, Kin-ner
St. George's University School of Medicine



Pattar, Sundeepp
St. George's University School of Medicine



Pruthi, Sonal
University College of Medical Sciences and Guru Teg Bahadur Hospital



Roddick, Kayla
Saba University School of Medicine P-PM&R



Sahni, Sachin
St. George's University School of Medicine P-Anesthesiology



Shah, Amish
Ross University School of Medicine





Welcome, New Interns!

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Department of Medicine as of July 1, 2015*



Shah, Siddharth
Krishna
Institute of
Medical
Sciences,
Karad



Srivastav, Priyanka
Kathmandu
Medical Col-
lege



Subedi, Rogin
Manipal
College of
Medical
Sciences
(MCOMS)



Swarnkar, Rohit Chicago
Medical
School at
Rosalind
Franklin
University-
Categorical-
Neurology



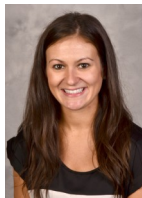
Virk, Jaswinder
Kasturba
Medical
College
Manipal



Vitkus, Alisa
University at
Buffalo State
University of
New York



Wee, Claribel
Chicago Medi-
cal School at
Rosalind
Franklin
University
Categorical-
Neurology



Yeager, Jill
Lake Erie
College of
Osteopathic
Medicine



Zafar, Taqi
Shifa College
of Medicine
P-Neurology



Welcome, New Fellows!

*We are excited to announce the new Fellows that will be joining the
Department of Medicine as of July 1, 2015*

Cardiology

Abdelghany, Mahmoud - Conemaugh Memorial
Medical Center

Bartaula, Rajiv - Staten Island University Hospital

Chardhary, Arbind - St. Vincent Hospital

Endocrine

Ashraf, Sadia - University of Buffalo

Shebey, Thomas - Robert Packer Hospital

Gastroenterology

Pavelock, Natalie - Lutheran Medical Center

Hem/Onc

Anand, Ankit - Akron General Medical Center, Ak-
ron, OH

Basnet, Alina - Seton Hall University of Health and
Medical Sciences, Elizabeth, NJ

Saad, Nibal - St. John Hospital, Detroit, MI

Nephrology

Rana, Shraddha - Samaritan Medical Center, Water-
town, NY

Soltanpour, Kristine -

Pulmonary

Patel, Milan -

Rheumatology

Rayancha, Sheetal - St. Mary Mercy, Livonia, MI



Welcome



Upstate Updates and News!



Department of Medicine

Improving the health of the communities we serve through education, biomedical research and health care

Upstate in the News

Four of our General Medicine faculty were among the 2,300 runners who competed in the grueling 37th annual Mountain Goat Run Sunday, May 3 in Syracuse.

Dr. Matthew Glidden finished the 10 mile run with a very impressive 1:16:19, coming in 158th place. Less than 20 minutes later, novice runner **Dr. Vincent Frechette** finished; beating out 60% of the pack. **Dr. Karthik Sitaraman** and **Dr. Bhaskara Reddy Madhira** also completed the race.



Upstate in the News

Dr. Dinesh Subedi was featured in an article at Syracuse.com highlighting his trip to Nepal to help earthquake victims. You can read the article at www.syracuse.com/entertainment/index.ssf/2015/06/ and also see more on page 6 of the DOM newsletter.

Dr. Ramsay Farah Discusses “What you need to know about acne” on the HealthLink On Air radio show Friday, May 22, 2015. “Acne is the most common skin condition in the United States and the result of factors that may include hormone levels, genetics, medications and one’s environment, said Ramsay Farah, MD, division chief of Dermatology at Upstate Medical University. Medications to fight acne have improved, he said, and early treatment helps avoid scarring.”

Dr. Andras Perl tells about advances in the diagnosis and treatment of lupus on the HealthLink On Air radio show: May 3, 2015. Titled “Outlook Improves for Lupus treatment” he discusses the increasing use of indicators called biomarkers to measure a patient’s response to treatment, as well as new drugs that are on the horizon, making the outlook for lupus patients brighter today than in the past.

You can listen to their presentations by following the link below. See more at: <http://blogs.upstate.edu/healthlinkonair/>





Upstate Updates and News Cont...

Dr. Dinesh Subedi Helps Earthquake Victims in Home Country Nepal

Dr. Dinesh Subedi traveled to his home country Nepal for a fifteen day trip returning on May 17. He assisted in providing medical care to nearly 900 patients, as well as helping to rebuild devastated homes and donating supplies. Many Upstate members supported and contributed to his trip. Please read his letter below detailing the highlights of his trip.

Hello all,

I am really thankful for the help and concern that the Upstate community has bestowed towards helping the earthquake victims in Nepal. I returned on May 17 after a 15 day trip.



Myself, along with 4 other friends (all medical doctors) were able to hit the ground as soon as we reached Nepal on May 2. Between May 3-10 we conducted medical camps at 5 different locations and saw close to 900 patients in total. Most of these patients had medical needs and I am thankful to Dr Lehmann, Mia, Dr Cronkright and SOS for providing medical supplies which were used readily.

We stayed for 4 days at the remote villages of Kiul and Baruwa VDC (village development committee) of Sindhupalchowk district which is the most affected area.

We were the medical doctors for Team Rubicon (a U.S. based medical relief group) for this camp at Sindhupalchowk. It took more than 6 hours to drive from Kathmandu to reach the village of Sermathan, one of the gateways of the renowned national park called Langtang at above 8000 feet elevation, where a base camp was set up. With the whole team divided into three sub-groups, we were able to see patients from as far as 3 hours hike from our base, at a village called Bolgau.

After returning from that area, we went to other camps that were set up at Thali and Gagalphedi, about 45 minutes to 1 hour drive from Kathmandu, and Collaborated with U.S. based Bicol foundation.

Then we set up a medical camp on our own Pipaltar, in Kavre district (about 3.5 hours from Kathmandu).

(Continued on Pg. 7)





Upstate Updates and News Cont...

Dr. Dinesh Subedi Helps Earthquake Victims in Home Country Nepal

While running these camps, we saw villages after villages which have been demolished (especially the mud brick houses) in all the areas of Sindhupalchowk, Kavre and Kathmandu districts we visited. We saw that People are in desperate need of some kind of temporary shelters. Tarps that we and others had distributed were not enough to protect from rain, wind and such. We then decided to focus on providing corrugated steel sheets to these people. Because of our limited resources, we had to focus only on one village. It was a difficult decision to chose one village out of so many devastated ones but we ultimately decided to help people from Bhimtar-3, Dhotar in Sindhupalchowk district, about 4 hours from Kathmandu. This village has 134 households which have been completely demolished. The majority (120 house holds) are of the ethnic minority class called Majhis (fishermen) who primarily work as peasants on the farm, and fish from nearby Indrawati river. After getting local support from the villagers and collaborating with another organization (Parambha) in the ground, we decided to help the villagers with corrugated sheets to construct temporary



housing for all 134 house holds. On May 16, we were able to deliver corrugated sheets for 56 houses (as there is a scarcity of corrugated sheets in the market currently). Supplies for the rest have been ordered and hopefully should be delivered in a few days.

All of us involved in this project are interested in rebuilding this village. We want to use the temporary shelters with corrugated sheets as the first step of rebuilding. With help from well-wishers like you all and in collaboration with various organizations like America Nepal Medical Foundation and others, we hope to help Majhigaun (village of Majhis) stand on its feet soon. We hope to help the village with clean water, sanitation, solar panels and ultimately rebuilding a primary school and more permanent housing if we continue to get support locally and have the necessary financial backing.



Apart from these activities, we were able to donate medicines and orthopedic supplies etc. to Civil service, Kathmandu Model Hospital in Kathmandu, and Chautara District Hospital (Sindhupalchowk), which is currently run as a field hospital by a Norwegian team since the hospital infrastructure has been ruined. We donated supplies to a mobile clinic operating at different areas in Sindhupalchowk as well.

This is the synopsis of the help I was able to provide together with my friends in collaboration with other organizations locally. This effort is minuscule in the broad scheme of devastation that Nepal has suffered but I believe with the helping hands we have, we can definitely do more and help rebuild Nepal by building one town at a time.

Dinesh Subedi

*Your Greatness is not What You Have,
Its What You Give*





Honors & Awards

Chancellor's Award



Dr. Vincent Frechette has received the 2015 *Chancellor's Award for Excellence in Faculty Service*. This honor is for his consistently superior service to the campus, the State University, and local community, his contributions at the regional, state-wide, national or international levels; his discipline or disciplinary and professional organizations and societies; and leadership in local or system-wide faculty governance.

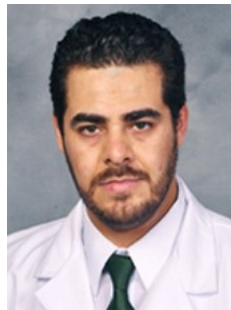
The certificate and medallion will be officially presented at the Fall Faculty Convocation on Wednesday, September 16, 2015.



EM-3 - Off-Service Preceptor Award

Each year the graduating senior class of Emergency Medicine residents select an off service preceptor who has made an outstanding contribution to their education. This year, the senior class has chosen **Dr. Housam Hegazy** for this award.

Congratulations, and thank you for the excellent work you have done on behalf of the Emergency Medicine residents.



Director of the Year

Dr. Ronald Szyjowski was named Program Director of the Year at the GMEC meeting on April 28, 2015.



Appreciation Award

Dr. Ruth Weinstock received an "Appreciation Award" for being Protocol Chair of a recently completed multicenter study entitled "Severe Hypoglycemia in Older Adults with Type 1 Diabetes: A Study to Identify Factors Associated with the Occurrence of Severe Hypoglycemia in Older Adults with T1D." She was given this award on April 16, 2015, at the annual meeting of the Type 1 Diabetes (T1D) Exchange Network; pictured below.





Honors and Awards Cont...

Distinguished Service Professor

Dr. Sharon Brangman has received the Distinguished Service Professorship, the highest appointed rank in the SUNY System, from SUNY Chancellor Nancy Zimpher.

The Distinguished Service Professorship is granted to individuals who have demonstrated extraordinary service at SUNY and in their community, as well as through regional and state outreach. Appointment constitutes a promotion to the State University's highest academic rank, and it is conferred solely by the State University Board of Trustees.

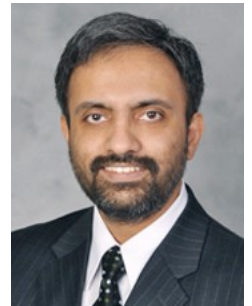


Upstate's interim president, Gregory L. Eastwood, MD, praised Brangman's selection for the honor. "I have known Sharon Brangman over 20 years and my admiration and affection for her is still growing," he said. "I marvel at her combination of work ethic, modest demeanor, and remarkable accomplishments. She is a leader who leads by doing and inspiring and she makes me proud to be at Upstate." Dr. Brangman has spent more than 25 years on the Upstate faculty, but in that time, her influence has extended far beyond the Upstate campus, making her a well-deserving recipient of this high honor.



President's Award

The "Ebola Steering Committee" is receiving the "President's Award: Team of the Year for Upstate and Community campuses" for this year. **Dr. Waleed Javaid** is the co-chair and leader for this team of 18 members and has been a key piece in its working towards deserving this award. Congratulations Dr. Javaid.





Honors and Awards Cont...

2014-2015 Faculty Awards

The Recognition Dinner 2015 was held June 5, at the Oncenter this year. Eight awards were given by the chief residents. The recipients of this years awards are listed below.

Dr. Peter Cronkright

Dr. Amit Dhamoon

Dr. Timothy Ford

Dr. Vincent Frechette

Dr. Stephen Knohl

Dr. David Landsberg

Dr. Michael Maguire

Dr. Anthony Watson



Dr. Arnold Moses, Distinguished Service Professor, Endocrine Division, was recently recognized by the APS, American Physiological Society, for having been a member for 50 years.

Promotions



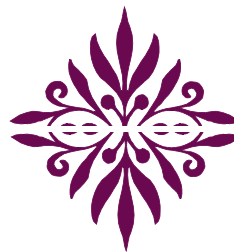
Tasaduq N. Fazili, MD was promoted to Clinical Associate Professor of Medicine at the June 11, 2015 meeting of the College of Medicine Appointments and Promotions Committee. Congratulations Dr. Fazili!



James Sexton, MD was promoted to Clinical Associate Professor of Medicine at the June 11, 2015 meeting of the College of Medicine Appointments and Promotions Committee. Congratulations Dr. Sexton!



Waleed Javaid, MD was promoted to Clinical Associate Professor of Medicine at the June 11, 2015 meeting of the College of Medicine Appointments and Promotions Committee. Congratulations Dr. Javaid!





Resident Completions

Congratulations to the following residents who have completed training!

Akel, Bridget - Private Practice, Binghamton, NY
Ananthan, Dinesh - Geriatrics Fellowship, University of Buffalo, Buffalo, NY

Appiah, Ruby - Chief Resident, Internal Medicine
SUNY Upstate Medical University, Syracuse, NY

Arif, Osman Muhammad - Attending Physician,
Gastroenterology, SUNY Upstate Medical University,
Syracuse, NY

Arshad, Umbreen - Hematology/Oncology Fellowship,
University of Arizona, Tucson, AZ

Aswath, Ganesh - Gastroenterology Fellowship,
SUNY Upstate Medical University, Syracuse, NY

Banas, Emerald - Pulmonary/Critical Care Fellowship,
Medical University of South Carolina,
Charleston, SC

Bansal, Nidhi - Attending, Endocrine, SUNY Upstate
Medical University, Syracuse, NY

Barta, Valerie - Nephrology Fellowship, North
Shore Long Island Jewish Hospital, New York, NY

Bhardwaj, Amit - Hospitalist, Syracuse VA Medical
Center, Syracuse, NY

Bisen, Vikram - Attending, Cardiology, SUNY Upstate
Medical University, Syracuse, NY

CachoIa, King - Physical Medicine & Rehabilitation
Resident, University of Texas, Houston, TX

Cain, Usa - Radiology Resident, University of
Rochester, Rochester, NY

Chaudhary, Omair - Pulmonary/Critical Care
Fellowship, SUNY Upstate Medical University, Syracuse,
NY

Dhakal, Pramesh - Private Practice, Pikeville, KY

Etienne, Denzil - Gastroenterology Fellowship,
Brooklyn Hospital Center, New York, NY

Gambhir, Harvir - Chief Resident, Internal
Medicine, SUNY Upstate Medical University, Syracuse,
NY

George, Sharon - Hospitalist, Roseville, CA

Gitter, Leonard - Attending Physician, Hematology/Oncology,
Geisinger Medical Center, Danville, PA

Gnirke, Matthew - Physical Medicine & Rehabilitation
Resident, University of Colorado, Denver, CO

Gonzalez-Cardona, Angel - Nephrology Fellowship,
UT Southwestern Medical Center, Dallas, TX

Goyal, Shraddha - TBA, Birmingham, United
Kingdom

Hamarneth, Wasim - Private Practice, Leesville,
LA

Harrison, Joshua - Cardiology Fellowship,
University of Connecticut, Hartford, CT

Haseer Koya, Hayas - Hospitalist, Huggins Hospital,
Wolfeboro, NH

Hejazi, Seyedali - Neurology Resident, SUNY
Upstate Medical University, Syracuse, NY

Imam, Haider Syed - Cardiology Fellowship,
SUNY Upstate Medical University, Syracuse, NY

Joshi, Sumendra - Pulmonary/Critical Care Fellowship,
SUNY Upstate Medical University, Syracuse, NY

Kaul, Viren - Chief Resident, Lahey Hospital &
Medical Center, Burlington, MA

Kaur, Navneet - Geriatric Fellowship, SUNY
Upstate Medical University, Syracuse, NY

Koutalianos, Evangeline - Physical Medicine &
Rehabilitation, SUNY Upstate Medical University,
Syracuse, NY





Resident Completions Cont...

Lopes, Vinicius - Attending Physician, Infectious Disease, Aurora Sheboygan Memorial Medical Center, Sheboygan, WI

Lui, Roberta - Physical Medicine & Rehabilitation, New York, NY

Lutchmansingh, Denyse - Private Practice, Providence, RI

Madanam Sampath, Aiswerya - Hospitalist, Baystate Franklin Medical Center, Greenfield, MA

Madariaga, Hector - Nephrology Fellowship, University of Maryland Medical Center, Baltimore, MD

Manocha, Divey - Attending Physician, Gastroenterology, SUNY Upstate Medical University, Syracuse, NY

Marchena-Mendez, Ivan - Private Practice, Virginia

Mehta, Ricky - Hospitalist, University of Maryland Upper Chesapeake Health, Bel Air, MD

Mousa, Omar - Gastroenterology Fellowship, Mayo School of Graduate Medical Education, Jacksonville, FL

Nair, Varada - Neurology Resident, SUNY Upstate Medical University, Syracuse, NY

Panuganty, Veera Durga - Oncology Fellowship, Western University, London, Ontario, Canada

Parise, Daniele - Anesthesiology Resident, SUNY Upstate Medical University, Syracuse, NY

Patel, Arpan - Chief Resident, Internal Medicine, SUNY Upstate Medical University, Syracuse, NY

Phadke, Giriga - Internal Medicine Resident, New York, NY

Pinto, Ian - Attending Physician, Hematology/Oncology, Sir H.N Reliance Foundation Hospital, Mumbai, India

Rakesh, Aiga - Neurology Resident, SUNY Upstate Medical University, Syracuse, NY

Ramovic-Zobic, Merima - Attending Physician, Hematology/Oncology, Regional Cancer Center, Utica, NY

Sakib, SM Nazmus - Radiology Resident, Newark Beth Israel Medical Center, Newark, NJ



Sethi, Nishant - Interventional Cardiology Fellowship, Newark Beth Israel Medical Center, Newark, NJ

Shah, Avani - Neurology Resident, SUNY Upstate Medical University, Syracuse, NY

Shah, Rushikesh - Quality VA Chief, SUNY Upstate Medical University, Syracuse, NY

Sharma, Bikram - Critical Care Fellowship, Stanford University, Stanford, CA

Shrestha, Runa - Hematology/Oncology, University of Kentucky, Lexington, KY

Singh, Avneet - Attending Physician, Cardiology, SUNY Upstate Medical University, Syracuse, NY

Singh, Vikas - Hematology/Oncology Fellowship, University of Louisville School of Medicine, Louisville, KY

Sitaula, Subhas - Pulmonary/Critical Care Fellowship, SUNY Upstate Medical University, Syracuse, NY

Sivalingam, Devamohan - Hospitalist, TBA

Sotosky, Jonathan - Anesthesiology Resident, SUNY Upstate Medical University, Syracuse, NY

Varghese, Dona - Hospitalist, Huggins Hospital, Wolfeboro, NH

White, Benjamin - Infectious Disease Fellowship, SUNY Upstate Medical University, Syracuse, NY

Whyte, Osei - Geriatric Fellowship, SUNY Upstate Medical University, Syracuse, NY

Williamson, Zachary - Hospitalist, SUNY Upstate Medical University, Syracuse, NY

Zaccarini, Christina - Physical Medicine & Rehabilitation, SUNY Upstate Medical University, Syracuse, NY

Zaidi, Samana - Hospitalist, Syracuse VA Medical Center, Syracuse, NY





Resident Awards

ACP Awards

The American College of Physicians celebrated three residents from our program as part of the ACP Celebrates Young Achievers initiative during the ACP Internal Medicine Meeting 2015, from April 30 to May 2, in Boston, Massachusetts. This group of early career internists demonstrated academic excellence and represent the best of what the future of internal medicine holds.

“We are especially delighted to recognize these young achievers in medicine this year, as ACP will be celebrating its centennial anniversary. ACP is proud to have such high caliber Resident/Fellow Members.”



Congratulations to **Drs. Hayas Haseer Koya, Arunpreet S. Kahlon,** and **Jessica J. Patel** for their high performance!

HETA Award

Dr. Omar Mousa has been selected as a recipient for the annual Humanism and Excellence in Teaching

Award. This award recognizes residents who excel in humanistic skills, both at the bedside of



the patient and with the learners under their supervision. Sponsored by the Arnold Gold Foundation, awards are given to six out of 519 residents throughout the central New York corridor. The award was presented at the Annual Student Clinician Ceremony, held on Wednesday, June 10, 2015 in the Medical Alumni Auditorium, WSK Hall.

Research Award

Dr. Omar Mousa (pictured right) also received the **Resident Award for Research**. He has shown extensive scholarship including numerous research awards and research projects, as well as many publications and abstracts. The Resident Award ceremony was held on Tuesday, May 19, 2015 from 12-1 PM in the Regency Ballroom of the Sheraton University Hotel.





Research

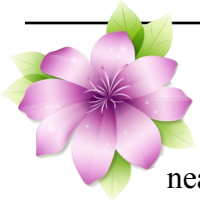
Campus Research Stars Honored

Sharon A. Brangman, MD
Timothy P. Endy, MD, MPH
George G. Holz, PhD
Andras Perl, MD, PhD
Ruth S. Weinstock, MD, PhD

A campus-wide reception was held Friday, May 8 to note recent research awardees. The event was hosted by Dave Amberg, the vice president for Research and Research Administration offices. President Eastwood and College of Medicine Dean, Dave Duggan, were also on hand. New research awards or renewals of \$100,000 or over were honored with the total amount that was funded coming to \$10,351,807.00.

The reception was held in the Third Floor Atrium of the Neuroscience Research Building at 4 p.m. Fourteen faculty members were recently awarded funding and were honored on that day. Among these were five faculty from the Department of Medicine listed above.

PCORI Pipeline Grant



The nonprofit Patient-Centered Outcomes Research Institute (PCORI) has awarded a grant of nearly \$15,000 to F.O.C.U.S. Greater Syracuse which is working with Upstate Medical University and two other organizations to support the development of the project "Central New York Citizen's Aging Research & Action Network." This was a very competitive round and only 17% of proposals were successful.

Dr. Sharon Brangman is serving on CNY-CAN's project management team, and will facilitate education on PCORI principles and research goals, outreach to patients/caregivers and other researchers, educators and clinicians to be active CNY-CAN stakeholders, and will be the scientific lead in the development of research applications to PCORI in Phases II and III. The goal of CNY-CAN is to "build a partnership of individuals and groups who share a desire to advance patient-centered outcomes research focused on frailty across the life course." If the four groups working on this effort are successful in the first year then the grant will become a three year contract with Upstate Medical University serving as the lead agency in the third year.



The entire text of the grant can be read on pg. 21-25 of the DOM Newsletter. You can also read about it in the June 2015 issue of Healthcare Provider, page 6 titled *CNY groups studying aging, frailty with federal grant.*





Grants

Brangman, Dr. Sharon A; MD

Academic Title and Dept: Professor: Medicine; Div. Chief: Geriatrics, University Geriatricians, Alzheimer's Disease Assistance Center (ADAC)

Project Title: Legislative Grant - Elder Health Services

Granting Agency: NYS Department of Health

One Year: \$41,666

Total Funding: \$41,666

Endy, Dr. Timothy P.; MD, MPH

Academic Title and Dept: Professor: Medicine, Microbiology and Immunology, Public Health and Preventive Medicine, Division Chief: Infectious Disease

Project Title: Flavivirus Infections: Pathogenesis and Prevention

Granting Agency: University of Rhode Island

One Year: \$117,136.00

Total Funding: \$117,136.00

Gentile, Teresa C.; MD, PhD,

TG Therapeutics Inc.

A Phase 3, Randomized, Study to Assess the Efficacy and Safety of Ublituximab in Combination with Ibrutinib Compared to Ibrutinib Alone, in Patients with Previously Treated High-Risk Chronic Lymphocytic Leukemia (CLL)

3/11/2015-3/10/2020

Holz, Dr. George G; PhD

Academic Title and Dept: Professor: Medicine, Pharmacology

Project Title: Molecular Basis of Antidiabetogenic Hormone Action

Granting Agency: National Inst of Diabetes Digestive Kidney Disease

One Year: \$434,462.00

Total Funding: \$1,743,694.00

Perl, Dr. Andras; MD, PhD

Academic Title and Dept: Professor of: Medicine, Biochemistry and Molecular Biology, Microbiology and Immunology, Div. Chief: Rheumatology, Co-Director: MD/PhD Program

Project Title: Metabolic Control of T-cell Lineage Specification in SLE

Granting Agency: National Institute of Allergy & Infectious Disease

One Year: \$402,500

Total Funding: \$2,021,458

Poiesz, Bernard J.; MD,

Cerulean Pharma Inc.

A Randomized, Phase 2 Study to Assess the Safety and Efficacy of CRLX101 in Combination with Bevacizumab in Patients with Metastatic Renal Cell Carcinoma (RCC) Versus Standard of Care (SOC) (Investigator's Choice)

2/12/2015-2/11/2016

Seth, Rahul; DO,

OncoMed Pharmaceuticals Inc.

A 3-Arm Phase 2 Double-Blind Randomized Study of Gemcitabine, Abraxane Plus Placebo versus Gemcitabine, Abraxane plus 1 or 2 Truncated Courses of Demcizumab in Subjects with 1st-line Locally Advanced or Metastatic Pancreatic Cancer 1/9/2014-1/1/2015

Weinstock, Dr. Ruth S; MD, PhD

Academic Title and Dept: Distinguished Service Professor of Medicine, Research Professor of Neuroscience and Physiology, Div. Chief: Endocrinology, Diabetes and Metabolism

Project Title Continuous Monitoring of Glycemic Oscillations in Interstitial Fluid

Granting Agency: Ultradian Diagnostics LLC

One Year: \$196,798

Total Funding: \$196,798



Presentations/Leadership

International

Paula M. Trief, PhD, presented, "Psychosocial Outcomes of Couples vs. Individual Phone Interventions for Type 2 Diabetes: The Diabetes Support Project" at the Psychosocial Aspects of Diabetes (PSAD) Study Group Meeting, Malmo, Sweden, April 17-19, 2015. Upstate co-authors are Don Cibula, PhD, Public Health & Preventive Medicine, Jacqueline Dimmock, PhD, and Pat Forken, Psychiatry & Behavioral Sciences, and **Ruth S. Weinstock, MD, PhD**, Medicine.

National

Ruth S. Weinstock, MD, PhD, Medicine, presented "Severe Hypoglycemia in Older Adults" at the T1D Exchange Annual Meeting: The Patient-Centric Approach to Diabetes, Boston, MA, May 1, 2015.

Leadership in Service

Ruth S. Weinstock, MD, PhD, served on the NIH/NEI Data and Safety Monitoring Board (DSMB) of the Diabetic Retinopathy Clinical Research Network

Leadership in Service Cont.

DRCR, Coordinating Center of the Jaeb Center for Health Research Foundation, Inc. (JCHR), April 21, 2015.

Ruth S. Weinstock, MD, PhD, on the NIH (NIDDK) Special Emphasis Review Panel for the Extramural Loan Repayment Program (LRP) for Clinical Researchers (NOT-OD-05-58) and for Pediatric Researchers (NOT-OD-05-057), April 24, 2015.

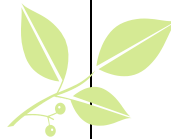




Kudos

University Geriatricians

"Exceptional, professional, caring yet kept you at ease." "Staff took care to assist each other for the benefit of the patient." "Staff exceptional, caring, upbeat." "**Isabel Kliss**- She is ALWAYS knowledgeable and friendly - so pleasant!" "I am very impressed with the quality of care and efficiency of doctor & staff." "Kind and professional." "A well run medical institution." "Excellent." "I feel good being under your care." "**Dr. Dona Varghese**, is thorough, professional and compassionate. She instills confidence. **Betsy**, nurse, and **Penny**, receptionist were wonderful." "Dr. Bishop & her nurses are excellent! Professional caring & supportive." "**Betsy** is a great nurse and handles situations well. As you can see I'm satisfied with the care." "Nurses **Betsy H** & I'm not sure of the other ones name, are AMAZING." "**Dr. Berg** has always been the best care provider. I have made recommendations." "**Dr. Andrea Berg & Betsy H** always take extra time to listen & are considerate and accommodating to behaviors. Also ask my opinion and input." "**Christopher Norman** - 5 star, probably best hospital any where." "**Isabel J. Kliss** is very dedicated to her job and makes patient comfortable." "**Betsy**, Dr. Brangman's nurse is the best ever! My Dad had a bathroom accident, and she came to help and take care of situation." "The nurses are thoughtful, appeal to sense of humor." "No bad experiences." "**Betsy** has been most helpful and cordial over the phone, and in person." "**Christine Heagle Bahn** asked & answered all questions she and I needed to know. Conferred with my wife if she had concerns. Made decision to raise anxiety dosage." "**Dr. Berg** knows & cares for the patient & family." "No delays." "No bad experiences." "Great care for the elderly. Would recommend to anyone with aging parents." "**Christine Heagle Bahn** - there is not one part of mom's care that she overlooks. At the same time she personally cares about them and their family."



Joslin Center for Diabetes

"Listens & takes care of any problems." "**Dr. Desimone** is always proficient caring and patient." "The nurse who greeted me and help me with my socks and shoes is a very nice lady." "**Dr. Rachel Hopkins** is a very good doctor. She's always very nice and explains things well to me and lets me voice my concerns." "**Dr. Marisa Desimone** - Very personable - puts you right at ease - I just like her so much." "Service is better here than in Auburn." "The podiatrist I see now is much better than the one I was seeing before. I really like him!" "Very clean and tidy." "**Dr. Concilla**. He really cares about taking care of my feet." "**Sherrie Bishop** is very professional. Good "bed-side" manner." "**Dr. Weinstock** was not rushed & made sure to cover any & all concerns. She gave support & encouragement." "Everyone was most helpful. I see **Dr. Feuerstein** for my osteoporosis. She is always helpful and thorough." "**Dr. Weinstock** covered issues, labs, past results - future, set goals for me to reach and asked questions that made me feel she cared about the TOTAL picture of health." "**Dr. Concilla & Nurse Fran** are very pleasant." "**Dr. Rachel Hopkins** is professional & knowledgeable." "No delays." "Nurse **Jackie** and **Dr. Moses** have an overall concern for their patients." "It was all good." "The whole experience was excellent." "Excellent." "Both **Dr. Jennifer Kelly** and nurse **Annette** were very caring." "**Dr. Ruth Weinstock** is exceptional; takes time and listens to concerns." "All personnel are extremely helpful and friendly." "I had a very good experience and a very good first impression of the office & staff." "There was a scheduling error yet **Dr. Desimone** was able to accommodate this visit for me & I was VERY grateful & appreciative!" "My visit went well and I felt that all my concerns were addressed and followed up on." "**Dr. Jennifer Kelly** was very thorough; she explained my abnormalities in my blood tests, and explained possibilities of why the abnormalities occurred." "**Dr. Izquierdo** is the kindest, gentlest, caring individual I know. He makes sure to call me after hrs. w/results & concerns. Wonderful man!"





Kudos Cont...

University Cardiology

"I had a very good appointment and everyone was very nice." "I feel they know me." "**Dr. Bhatta** is EXCELLENT in all above categories." "I love my doctor he is very good and cares about me." "Good experience, a very nice man. Checked out a lot of things for me." "Lower exam table - Good!" "Good experience." "If any of my friends or family needed a heart doctor, I would have them call you." "**Dr. Bhatta** is very knowledgeable & caring. Good at communicating her plans for my care before, during and after procedures. She was good at reassuring my husband also." "I don't know her name but she knew mine as soon as I stepped up. That tells me she takes an interest in people who come there. I felt important." "The nurses, 1 male & 1 female, both knew what they were doing." "**Dr. Bhatta** - Truly concerned. Took a lot of time & felt very confident with her." "**Dr. Carhart** is a great provider. Easy to talk to & he listens to my concerns." "EVERYONE was professional, upbeat, caring and compassionate." "I cannot remember her name, however the nurse doing blood pressure, EKG & interview was helpful and respectful. **Dr. Mookherjee** is a wonderful physician." "**Dr. Robert Carhart** always sees me when I call and have a problem. He has been my Dr. since 1986." "Staff all courteous to us as patient. Great service, you need to give lessons to some part of another facility." "Great care." "The whole staff was great." "I thought I was going to have to wait much longer than I did." "Physician assistant very thorough." "Good it's worth time you have to wait." "**Dr. Liu** asked if I had fallen? Staff at desk were very friendly." "Good experience." "Excellent." "Very good experience." "I really liked **Dr. Carhart**." "Very good." "Excellent dr., great treatment & good advice." "**Dr. Carhart** was very understanding and explained very clearly. He was also very much aware of my husband's purpose for being there." "Tech who provided the test was very knowledgeable and helpful with my concerns." "**Dr. Luna Bhatta** - well informed about my recent hospital stay - very thorough - nice." "My **Doctor Carhart** explained everything to me, he took his time with me and explained. He made my concern easier to understand, he explained my tension and worries, away. Thank you **Dr. Carhart**." "Starting with the receptionists & the nurses & most of all **Dr. Mookherjee**, this is in fact the world's greatest, and I really appreciate the services they provide. Thank all of you!!!" "Excellent service." "They are the greatest." "Great people."



Medicine Subspecialties

"**Dr. Knohl** spent so much time and explained all aspects & treatment." "**Dr. Neupane** addressed many of my concerns about pain, mobility, and employability in the future with empathy and professionalism." "It was a good experience." "**Dr. S** is always helpful and attentive, following up when necessary. One is treated as a person, not just a patient. She has the ability to make you feel you are the only patient." "Love the dr. and the office." "Everyone was thoughtful & courteous." "Always very kind and professional." "Very good care." "She is a kind and caring dr., a great asset to you, give her a raise!" "Everyone did their job in professional dress, manor & decorum. Thank you." "**Dr. Teresa Gentile** she is a great oncologist, caring about you on a personal level, not just another number." "No delays." "So nice. A+. A+A+A+A+A+. Wonderful dr." "**Lorraine** is great or better." "**Lorraine** in Dr. Neupane's office is professional, compassionate & very thorough. Excellent, as is **Dr. Neupane**." "**Dr. Yu** is very good." The IPA who works with Dr. Yu is good. The two of them are a good team." "**Dr. Kato** is an excellent doctor. He has been very helpful in addressing my needs. Great listener and well informed to the meds he has prescribed. I have improved tremendously under his care and have recommended him to my friends."





Kudos Cont...

Hem/Onc



"**Julie Walker** seems to really listen and actively problem solve. Takes the time to see me as an individual as do many of the nurses." "All nurses are amazing. **Julie W.** is wonderful." "**Cecelia** a nurse, is very caring & very efficient." "Receptionist always so friendly and personal!" "All of the nurses I have had are wonderful and know what they are doing when it comes to IV's. Thank God!" "Nurses and staff are great!" "I'd recommend Upstate to anyone. I think they have the best care." "All the nurses/aides are caring & compassionate. Also the woman who walks through asking if I need anything." "Thank you." "Caring & competent." "The admission personnel was very efficient & courteous." "**Michelle, Mary, Pat & Shelly** were superb in their care." "I received excellent care during my stay. The staff, including housekeeping and cafeteria staff were always helpful, friendly, professional and compassionate." "**Dr. Graziano** explained reason for not taking Tylenol & Oxycodone." "All the staff were very nice and helpful." "All of them, very concerned, caring, giving and professional, friendly and always cheerful." "When I returned on the second day of collection of stem cells **Shelly** stopped the bleeding with excellence. She helped me through a rough time." "Were always very prompt when using call button." "Everyone is very kind." "Having a nurse navigator, **Ellen Scott**, has helped tremendously." "**Ellen Scott** - always available to help - she runs interference especially with the scheduling problems. The Oncology Center could use people with Ellen's patient empathy. The radiation people - great."



Adult Medicine

"Good." "I absolutely love **Geri Hall!**" "**Geri Hall** knows my issues so well and she is truly caring and compassionate about me and she always takes time to listen and really put thought into my care." "**Heidi Dimeis** was very knowledgeable about my concern & made me feel at ease." "**Debra Buchan** & her resident **Lauren Panebianco** made sure I had xrays & lab work before I left & quickly got me scheduled for an MRI." "**NP Heidi Dimeis** truly concerned for my level of pain. She kept asking if I was all right, I was. Exceptionally nice lady." "The nurse was very friendly and very helpful to my concerns." "The assistance was very good." "**Dr. Lynn Cleary** is my primary care physician. She is a kind, thorough, professional." "My daughter's doctor is awesome we call her **Dr Heidi.**" "The secretary was very friendly and great smile when I was checking in." "**Dr. Sharma** is a very good doctor. I will miss him very much!" "**Dr. Sharma** always listens to me. Does not brush me off. Makes sure I get appointments with other specialist." "The provider took good care of me." "**Heidi Dimeis** - extremely caring, knowledgeable, flexible and answers all questions so I completely understand symptoms & treatment." "Very good." "Always very nice and helpful." "**Carol** is great, she talks to you and takes her time to explain." "Very good." "Never a problem at all, everyone's helpful." "**Carol** from Coumadin is always a great lady. She helps everyone and is a good person to all. She's great." "**Dr. Ricky Mehta** really took the time and listened to my concern about the pain and additional heart problem, in which it was handled quickly and effectively. He is leaving in June 2015. I hope I will be seeing an equal provider as Dr. Mehta."





Recent Faculty Publications

- Henry KE, Elfers CT, Burke RM, **Chepurny OG**, **Holz GG**, Blevins JE, Roth CL, Doyle RP. Vitamin B12 conjugation of peptide-YY3-36 decreases food intake compared to native peptide-YY(3-36) upon subcutaneous administration in male rats. *Endocrinology* 2015 May; 156(5):1739-49.
- Robinson Barbara MD, MS; Geneva Ivayla MD, PhD; Landas Steve MD; **Michiel Robert , MD**; White Karen, MD; Grage Rolfe A. MD; Lutz Charles, MD; Edwards William D.,MD: Novel Association of Elastofibroma with Aortic Stenosis: Report of a Case Report Interfering with a Thoracotomy Procedure and a Reassessment of Typical Patient Demographics and Tumor Location. *Journal of Thoracic Oncology* 2015 April;10:e18-e20. PMID:25789839 (accepted but not yet published)
- Gerding D, Meyer T, Lee C, Stuart H, Cohen S, **Murthy U**, Poirier A. Administration of spores of nontoxic *Clostridium difficile* strain M3 for prevention of recurrent *C difficile* infection: a randomized clinical trial. *JAMA* 2015 May;313(17):1719-27
- Lai, Z-W, Marchena-Mendez, I. and **Perl, A.** (2015) Oxidative stress and Treg depletion in lupus patients with anti-phospholipid syndrome. *Clin. Immunol.* 158:148-152. Apr
- Weinstock RS**, **Trief PM**, et al. Parental characteristics associated with outcomes in youth with type 2 diabetes: Results from the TODAY clinical trial. *Diabetes Care* 2015, epub March 26, 2015, doi: 10.2337/dc14-2393
- Sharma T, Kaur H, **Weinstock RS**. Visual symptoms during hypoglycemia: A case series. *AACE Clinical Case Rep* 2015; e32-e35.



Resident/Fellow Scholarship

Accepted Abstracts

- Alisha Hemraj**, Peter Cronkright. Rheumatic heart disease: Is it on your differential diagnosis?, presented at North American Refugee Health Conference, Toronto, Canada, June 4-6, 2015.
- Gaurang Vaidya**, Wajihuddin Syed, Rushikesh Shah, Kan Liu. Takotsubo cardiomyopathy masquerading as STEMI after successful resuscitation from PEA-arrest, presented at MSSNY, Saratoga, NY, May 1, 2015.

Presentations

- Dr. Ian Pinto** presented a poster at Asian Oncology Summit in Shanghai China April 10th 2015 titled "Retrospective Analysis on Anaplastic Lymphoma Kinase (ALK) positive Non Small Cell Lung cancer." He utilized an innovative electronic flat screen presentation, one of the first of its kind.



Publications

- Ian Pinto, Anshu Giri, Um-breen Arshad**, Ajeet Gajra. New oral anticoagulants and their reversal. *Current Drug Safety* 2015;10(2), 2015.
- Ian G. Pinto**, Mijung Lee, Stephen Graziano, Michael Lacombe & Ajeet Gajra. Concurrent crizotinib and whole-brain radiation for brain metastases in ALK-positive lung adenocarcinoma Lung Cancer Management (2014) 3(5),369-371 October 2014





PCORI Pipeline Grant

PCORI Full Application. Draft for Comment

Title: Central New York Citizen's Aging Research & Action Network (CNY-CAN)

Describe who is on the partnership team and what their role will be.

F.O.C.U.S. Greater Syracuse is ideally positioned to be the lead partner for CNY-CAN given its citizen-driven mission and demonstrated ability to tap citizen creativity and enable citizens, organizations and government to work together to promote inclusive, sustainable decision-making. Formed in 1998, F.O.C.U.S. and its founder/executive director, Charlotte Holstein, have earned the community's trust as effective, neutral conveners on a range of civic issues. F.O.C.U.S. will be responsible for overall project/budget management, contributing its experience and tools for meaningful stakeholder engagement, ensuring neutrality and equal voice in deliberations, providing staff support to move decision-making forward, and for internal/external communications and reports.

SUNY Upstate Medical University's Division of Geriatrics is the research partner for CNY-CAN, bringing its expertise in research, education and clinical care and its access to patient, caregiver, clinician, educator, and research stakeholders to participate in CNY-CAN's development. As Division Chief, Dr. Sharon Brangman's pioneer work in frailty and cognition provides a platform for PCORI submissions as CNY-CAN progresses to the Tier III level. This includes her role as Principal Investigator of a research collaborative focused on frailty and cognition across SUNY's four academic medical research centers: SUNY Upstate, SUNY Buffalo, SUNY Downstate, and SUNY Stony Brook. Dr. Brangman also brings her national perspective and research network on aging issues as a Past President of the American Geriatrics Society. Dr. Brangman will serve on CNY-CAN's project management team, facilitate education on PCORI principles and research goals, outreach to patients/caregivers and other researchers, educators and clinicians to be active CNY-CAN stakeholders, and be the scientific lead in the development of research applications to PCORI in Phases II and III.

The SouthWest Community Center (SWCC) brings its grassroots understanding of and earned trust by a highly diverse group of community residents, its sensitivity to historic issues of mistrust around research with low income and ethnic populations, and its belief that research and clinical care will continue to underserve these populations unless they are meaningfully and respectfully engaged. SWCC's Executive Director, Sharon Owens, will serve on CNY-CAN's project management team, outreach to diverse residents to become active stakeholders in CNY-CAN's development, and bring SWCC's applied research experience with SUNY's Upstate Medical University and College of Environmental Science and Forestry that is involving citizens in Syracuse-based projects.

HeathConnections (HeC), the State-designated Regional Health Information Exchange (RHIO) and Population Health Improvement Program (PHIP) for Central New York, serves as CNY-CAN's population health and health system partner. HeC brings its knowledge of the region's health care system, strong relationships with health system and public health stakeholders, and role as a neutral convener of diverse health, business, government, consumer, and insurer stakeholders around shared public health and health care goals. HeC will serve on CNY-CAN's project management team, outreach to health professionals to be part of CNY-CAN's development, and bring its unique skill in integrating nonprofit and business management goals and strategies. HeC will also provide opportunities for CNY-CAN to engage in regional health priorities and initiatives related to its RHIO and PHIP roles.

Describe the health issue that the partnership team will address and why you feel that this is an important issue to build a research project around.

Scientific consensus has developed around frailty as a preventable, clinical syndrome with causal factors emanating across the life span. It is also a physiologic state associated with increased risk of acute illness, disability, injuries and falls, institutionalization, lost resilience, higher rates of cognitive deficits, and premature mortality along with high health expenditures. Dr. Brangman hosted a summit on frailty and cognition in the fall of 2014 with her SUNY-wide research collaborative that featured two nationally recognized experts in frailty, Dr. Linda Fried (Columbia University) and Dr. John Morley (St. Louis University) to explore new frontiers for research on frailty prevention, measurement and management. A key theme was the need to engage in clinical as well as public health and community-based approaches to research. Research questions in the clinical realm include the role of energy dysregulation in the frailty syndrome, the interaction and balance of physiological systems that manifest in frailty, and how interventions in one or more systems can mitigate the clinical outcomes of frailty. It was the discussion around public health and





PCORI Pipeline Grant

community-based research that fueled SUNY Upstate's interest in seeking community partners to develop patient-driven research not only to inform clinical questions but also preventive questions around the role of physical exercise in frailty prevention and management, methods of early detection for use by patients and their caregivers, and interventions across the lifespan that will enable current generations to 'age well.'

The value of using frailty as the organizing theme for CNY-CAN became clear in planning meetings among the four partners. Frailty has a broad reach across patients, caregivers, and citizens of all ages and abilities as well as the range of health/behavioral professionals, health/social service organizations, and institutions that serve them. Frailty prevention and management also cut across public health and community planning interventions such as exercise promotion and walkable streets. In our discussion, each CNY-CAN partner brought a different perspective on frailty, from the need for effective clinical interventions to the risk of isolation, marginalization and abuse of frail persons confined in their homes, to approaches to effective listening with emotionally and/or physically frail individuals, to the need for urban planners to factor physical exercise into city planning. Outside of the scientific literature, we concluded that 'frailty' is universally experienced but not universally defined across stakeholders.

Frailty is a sufficiently broad concept with discrete, actionable research and community action steps that will allow us to bring together a cross-section of community stakeholders to build a vision, mission and strategic plan for CNY-CAN reinforced by achievable research projects in the short-term. We are also fortunate to be able to build on SUNY Upstate's existing, exploratory research on frailty and cognition to develop rigorous scientific applications informed and driven by CNY-CAN patients and caregivers as partners in planning and members of research teams.

Describe the key people and communities you plan to form connections with during this contract period.

CNY-CAN will reach out to diverse stakeholders that identify with frailty. Initially, we will form a Citizens Strategic Action Steering Committee to lead in developing CNY-CAN's vision, mission, structure and strategic/outreach plans. F.O.C.U.S. has worked successfully with this citizen action plan model across several projects in defining community goals, challenges, recommendations, and lead entities around a specific community issue. Projects completed by F.O.C.U.S. through this process include Smart Growth, Water and Waterways, and CNY Pathways. The process is currently underway to address the recommendations of F.O.C.U.S.'s recent Age Friendly CNY study. These and other projects are described at: <http://www.focussyracuse.org/>.

Working initially through the four founding partners and subsequently through those they connect with, we will reach out to the following individuals and organizations with the intent of identifying up to 40 individuals who will work consistently with CNY-CAN over the 6 month Tier I period.

- 1) Patients, informal caregivers, citizens, and patient/consumer advocates (e.g. aging, disability rights, mental health, Alzheimer's, LGBT organizations).
- 2) Community-based service organizations (e.g. community and county aging, health, mental health, and social service offices, senior, disability and community centers, public housing, long term care providers).
- 3) Other community organizations (e.g. faith-based entities, libraries, fitness centers, neighborhood action groups).
- 4) Clinicians (e.g. primary care physicians, geriatricians, nurses, mental/behavioral health professionals, physical therapists, pharmacists, rehabilitation therapists, complementary medicine providers).
- 5) Health systems and clinics (e.g. hospitals, Veterans Administration Medical Center (VAMC), medical homes, health homes, Federally Qualified Health Centers, volunteer medical clinics).
- 6) Research and training institutions (e.g. Syracuse University, Veterans Administration Medical Center, SUNY Oswego, community colleges, LeMoyne College, Cornell University and Extension Service, Ithaca College).
- 7) Ethnic/other target populations (e.g. Latino, African American, refugees, immigrants, Native Americans, veterans).
- 8) Payers (e.g. Excellus BlueCross Blue Shield, MVP tration Medical Center, SUNY Oswego, community colleges, LeMoyne Healthcare, Aetna, TPAs).

An outreach plan will be developed in the second month of the project that is structured around each Steering Committee member's self-identified personal and professional networks and the communication vehicles (and languages) that will best support the member's outreach to these networks for feedback. In addition, community forums will be held in diverse locations for public feedback at three key points in the development of CNY-CAN's vision, mission, research priorities, governance, and strategic plan.





PCORI Pipeline Grant

Describe the tasks and activities to be completed.

CNY-CAN's scope of work under the Tier I award is to convene an initial group of stakeholders to become educated on patient centered outcomes research and best practices, be trained in standards of research integrity, learn about research in which CNY-CAN could be engaged, and create a strategic plan defining CNY-CAN's vision, mission, priorities, structure, governance, and operational policies. The specific tasks and activities follow.

Task 1: Convene and train a diverse and representative Citizens Strategic Action Steering Committee of up to 40 members.

Activity 1a. Develop a list of individuals within the stakeholder groups to reach out to and criteria for inclusion, such as their ability to commit time and participate actively, and a draft charter, value statement and job description.

Activity 1b. Successfully recruit and convene Steering Committee members for an initial overview and training session on PCOR principles and methods, CNY-CAN's Tier I scope of work, methods and principles of meaningful engagement, and F.O.C.U.S.'s citizen strategic planning process.

Activity 1c. Work with PCORI to make available to Steering Committee and Project Management Team members official training materials/webinars.

Task 2: Conduct background research to support the Steering Committee's understanding of best practices and potential scope of research.

Activity 2a. Benchmark best practices based on a review of PCORI funded Pipeline awardees and phone interviews to identify lessons learned that could be applied to CNY-CAN's development work.

Activity 2b. Develop an inventory of local research and projects related to frailty and identify PCORI funded research that could be applied methodologically to research on frailty.

Activity 2c. Inventory scientific and 'lay' definitions of frailty including Steering Committee members' own definitions to support the development of consensus definition for CNY-CAN's work.

Task 3: Develop CNY-CAN definition of 'frailty,' outreach plan, vision/mission and research priorities.

Activity 3a. Facilitate two, two-hour meetings to present the background research under Task 2, agree on a working definition of and messaging for 'frailty' and to reach consensus on vision and mission statements.

Activity 3b. Hold public forums to educate the community about PCORI and CNY-CAN and receive input on the vision and mission statements.

Task 4: Develop CNY-CAN's research priorities, structure, governance and procedures to support these priorities.

Activity 4a. Facilitate up to three, two-hour meetings to reach consensus on CNY-CAN structure and governance including core policies on inclusion, neutrality, ethics, and civility.

Activity 4b. Hold public forums to receive input on the research priorities, structure and governance.

Task 5: Develop CNY-CAN's strategic action plan to implement its vision and mission in the context of identified research priorities.

Activity 5a. Facilitate up to two working sessions to develop a strategic plan to support the development in Tier II of the structures, collaborations, governance and other elements needed to build CNY-CAN's capacity and development of successful research projects.





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Activity 5b. Hold public forums to receive input on the vision, mission, structure and strategic plan.

Task 6. Disseminate CNY-CAN's final plan to the public, research and practice communities and policy-makers through presentations and individual meetings.

Indicate the challenges that may prevent the project from being completed, and your plans for addressing those barriers.

Based on F.O.C.U.S.'s experience in citizen-centered engagement, including health-related issues, a primary challenge we encounter is setting a 'level playing' field for effective communication among individuals with very different backgrounds and values. We address this by empowering citizens with factual information that enables them to engage with individuals 'of authority.' To build CNY-CAN's capacity, we must first build the capacity of those we engage to value one another and communicate effectively.

A second challenge, for which we welcome PCORI's support, is communicating the concept of patient-centered research to the broader community; lay and professionals alike. Working with PCORI and our patient and citizen members especially, we believe we will develop core messaging that can and will be understood by diverse public audiences.

We also anticipate the challenge of presenting our research goals to ethnic communities who rightfully may harbor mistrust from past research in which individuals were victimized. Working closely with our community partners, we will approach this challenge by listening and acknowledging any concerns, informing those concerned about human rights protections built into to research protocols today, and including ethics principles in CNY-CAN's governance.

Finally, we anticipate a level of skepticism from members of the research community who are not familiar with or value patient-centered methods. Our approach will be one of education through demonstration by working successfully with research partners who understand and are invested in patient-centered research. We will also approach partner universities and colleges with recommendations for integrating PCORI methods into their core curriculum at the graduate and post-graduate levels.

Our benchmarking with other PCORI Pipeline Project, we believe, will also help us identify other potential challenges and approaches to their resolution.

Background and Partnership Example

F.O.C.U.S. has led numerous citizen engagement projects that vary in magnitude and approach, from one-day citizen engagement sessions under contract with the Centers for Disease Control and Prevention (on their 2007 project on community control measures for pandemic influenza and 2009 draft vaccine plan), to year-long citizen engagement projects (CNY Pathways; Water & Waterways; Syracuse Downtown Cultural District; Citizen Vision for the Onondaga Lake Shoreline; Smart Growth). The project highlighted here is our recently completed study "Aging Baby Boomers: Economic, Political and Community Implications for Onondaga County."

The impetus for the study grew out of F.O.C.U.S.'s concern for the number of aging adult 'baby boomers' in our community and the impact their potential out-migration will have across sectors. According to the 2010 Census, 31.5% of Onondaga County residents alone are baby boomers and data show that we already lose more residents to other states than we gain. The potential impact on the region's financial and social economy is significant with lost tax dollars, workers, intellectual capital, volunteerism, philanthropy, and more. Equally concerning is the opportunity cost of not retaining the largest and most diverse cohort in history with the most dispensable income of any prior cohort and a strong philanthropic/community service drive.

With public and private support, F.O.C.U.S. conducted a major, systematic study to ask citizens their views on what makes a community age-friendly, what weighs in their decision on where to live as they age, and on barriers and incentives to remaining in our community. We used four qualitative and quantitative methods of data collection. First, we convened a Steering Committee of 46 members from across sectors to guide and provide input on the study and make final recommendations. Second, we created a





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citizen survey based on an extensive literature search, which was disseminated widely over three months and generated over 2,000 responses. These responses were analyzed in depth and helped design our third research method which was to convene five, professionally facilitated citizen focus groups that explored, in depth, key issues identified in survey results. Fourth, we held key informant interviews with 38 individuals representing different community sectors to learn how the migratory decisions of baby boomers might impact their sector. In addition, F.O.C.U.S. held four major community forums to inform and involve citizens in study findings and recommendations as they developed. The final report was disseminated widely to the public and decision-makers and included recommendations in eleven domains (housing/neighborhoods, transportation, health services, recreation/culture/education, taxes, work opportunities, civic engagement, philanthropy, family/social networks, safety, and marketing). The report was released in November, 2014 and is available at <http://www.focussyracuse.org/2014/11/shaping-an-age-friendly-cny-community-report/>

The Age Friendly project is now in its next phase of development. A citizens' committee of over 30 volunteers has been formed to translate study findings within six months into an achievable Citizens Strategic Action Plan with clear priorities, timeframes and recommended lead entities. As in past plans, F.O.C.U.S. will continue to monitor, advocate, and celebrate the achievement of all recommendations with the larger community.

Other Funding

F.O.C.U.S. currently has grant and contract support for one project, the Age Friendly Central New York study which, as noted, is transitioning from a year-long research stage to the development of a citizen-driven strategic action plan. The purpose of the study is to determine how Central New York can retain retiring boomers as productive, engaged and tax-paying citizens as they age. The project has been supported by the following entities. The majority of funds listed right were expended in 2014.

- \$ 13,500, Community Foundation of Central New York (grant)
- \$ 10,000, Onondaga County (contract)
- \$ 6,000, City of Syracuse (contract, Community Development Block Grant Program)
- \$ 5,000, Key Bank (grant)
- \$ 5,000, Darco Manufacturing (grant)



A special thanks to everyone who contributed to this newsletter, especially the editors of Upstate Online and the Faculty Commons from which some of this news is borrowed. Thank you and we hope you keep the stories coming! Please forward any news, updates, pictures, etc. to editor Caroline Wright for future publications.

Thanks,
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