144 Total Students for 2015 Class
29 Students (20% of class) Completed the Honors Program
6 Students Received Distinctions
21% of the Honors Program Students Received Distinctions

Bioethics & Professionalism Honors Program
SSOM 2015 Class

**Note: These students received a distinction for their capstone projects.

Fadi Bakhos**
**Presenters:** Kirstin Kalita and Danika Prochaska
**Title:** Wellness Wizards: An Interactive Approach to Childhood Health Education
**Description:** Wellness Wizards is a summer health program for grade-school children developed to combat disparities in health education, particularly in the community of Maywood, Illinois. Through an interactive program, the children are able to engage in learning about healthy lifestyle choices and are encouraged to construct goals that will enable them to effectively undergo behavior modification in relation to a healthy lifestyle. Key topics throughout the program include: fitness, nutrition, mental health, and hygiene. An introduction, small and large group activities, snack preparation, goal setting, and trips to the ENRICH Natural Learning Center are all modes by which health information is delivered in this program in order to enhance integration of health knowledge into the children's daily lives.

Elizabeth Benson
**Presenters:** Emma Nalezny
**Title:** Easing the Transition from the NICU to the Home: A Parental Perspective
**Description:** For their research in the Bioethics Honors Program, Elizabeth Benson and Emma Nalezny worked alongside Neonatal ICU physicians in order to ensure that parents and families were experiencing smooth transitions upon discharge home from the ICU. For two months, Elizabeth and Emma interviewed parents of NICU graduates, recording their experiences and documenting demographic data for each family. They presented their poster entitled, “Easing the Transition from the NICU to the Home: A Parental Perspective,” at the Bioethics Capstone Research Symposium in June of 2014. At this conference, they outlined their work and emphasized the importance of nurse care and parental support groups for families transitioning home from the NICU.

Arslan Chaudhry
**Presenters:** Zaid Siddiqui
**Title:** Rethinking Futile Care: The Jahi McMath Saga.
**Description:** A scholarly research project that explores the facts of Jahi McMath case and analyzes them from a futility of care perspective. The paper also assesses the Prima Fascie duties of a physician, and why using these duties to assess the ethics of Jahi McMath's case proved inadequate. Lastly, the paper explores Loyola University Medical Center's policies in tackling brain death issues and the role of communication in resolution of such cases as can be demonstrated by similar cases in the past.
Alison Dixon

**Presenters:** Alison Dixon

**Title:** Clinical and Direct-to-Consumer Genetic Testing: Challenges in Genetic Counseling

**Description:** The current availability and access to genetic sequencing technology is unprecedented. A comparison of Myriad Genetics’ BRCA screening test as an example of clinical genetic testing and 23andMe’s direct-to-consumer genetic testing highlighted concerns regarding direct patient access to genetic information without appropriate counseling. This project explored physicians’ roles as genetic counselors as well as the regulations that help patients understand the consequences of genetic testing.

James Dunneback

**Presenters:** James Dunneback

**Title:** Teaching Strategies in the SSOM Medical Spanish Program

**Description:** My capstone project for the Bioethics and Professionalism Honors Program focused on my experiences as a teacher in Stritch’s peer-led Medical Spanish Program. I taught intermediate and advanced Spanish classes during my first and second years of medical school, respectively. I described strategies that proved most effective in each class level, noted how my fellow teachers and I overcame various obstacles to effective teaching, and offered suggestions for future iterations of the program. My work afforded me valuable insights into strategies for teaching and for maximizing outcomes under suboptimal conditions that will serve me well during my residency and beyond.

Erika Hagstrom

**Presenters:** Erika Hagstrom

**Title:** Retrospective review of ethics consultations conducted at Loyola University Health System from initiation of EPIC consultation tool in 2008 to 2013

**Description:** For the Bioethics and Professionalism Honors Program, Erika researched and presented on a “Retrospective review of ethics consultations conducted at Loyola University Health System from initiation of EPIC consultation tool in 2008 to 2013”. She met monthly with the bioethics department faculty to determine the direction and goals of the project and formulate a comprehensive codebook for qualitative analysis of the ethics case narratives. She also worked with the faculty and a biostatistician to compile preliminary demographic and clinical findings. She presented the findings for her capstone project and the research is ongoing.

Michael Henry

**Presenters:** Karen Jackson and Caileigh Pudela

**Title:** Promoting a Therapeutic Relationship Between Medical Students and a Unique Patient Population: Healthcare Perceptions of Formerly-Incarcerated Individuals

**Description:** This project explored the relationship between a particularly vulnerable and under-acknowledged population - the formerly incarcerated - and the healthcare community through the medical student perspective. Through exposure to the respective parties via health metric measurements and participation in a running team, our study demonstrated that interaction with each other increased comfort level and decreased apprehension. We postulate that the experience of having health conversations in a non-traditional medical setting promotes therapeutic relationships that will improve the health status of and care delivered to this population in need of support.
Adam Hintz  
Presenters: Nora O’Byrne  
Title: Rehabilitation PM&R at LUC Stritch School of Medicine  
Description: A need was identified to educate and familiarize Stritch School of Medicine students on the specialty of Physical Medicine and Rehabilitation. A PM&R interest group was established to provide medical students the opportunity to learn about the field through physiatrist led meetings, shadowing opportunities, journal club, research experiences, and patient support groups. We have also discussed the possibility of including PM&R lectures into the medical school curriculum. Through the interest group and inclusion of PM&R into medical student education, we hope to inform students and stimulate interest in Physical Medicine and Rehabilitation.

Laurae Hicks  
Presenters: Ray Mendez  
Title: Evaluation and Community Impact of a Health Professions Recruitment and Exposure Program  
Description: For the Bioethics and Professionalism Honors Program Laurae Hicks and Ray Mendez presented their work entitled Evaluation and Community Impact of a Health Professions Recruitment and Exposure Program (HPREP). This 5-week program, targeting minority high school students from low-income communities, was created at Loyola to increase interest and awareness of the variety of careers that the health care field has to offer through college application preparation, clinical skills, health professions panels, research, presentation skills, and mentoring. Evaluation of the program by surveys was favorable, demonstrating that HPREP participants report more knowledge about the path to a career in medicine and have increased understanding of social determinants of health/health disparities, when compared with their counterparts. The first sessions of the program occurred in Fall 2012 and started with 11 students. The program has since expanded to include 15-18 students per cohort, and it continues to impact minority youths in the Maywood area to date.

Vivian Irizarry **  
Presenters: Vivian Irizarry  
Title: Characterizing Burnout Among Medical Students  
Description: In Vivian's Bioethics and Professionalism Honors Program Capstone project entitled "Characterizing Burnout Among Medical Students" she investigated the prevalence of burnout in the Stritch medical student population and whether having a perceived calling or vocation was protective against burnout. She found that the prevalence of burnout was higher in the M3 and M4 years compared to M1 and M2 years and that having a self-perceived calling or vocation was not protective against the burnout experience. Vivian is currently working on developing a manuscript of this project for submission in 2015.

Karen Jackson  
Presenters: Michael Henry and Caileigh Pudela  
Title: Promoting a Therapeutic Relationship Between Medical Students and a Unique Patient Population: Healthcare Perceptions of Formerly-Incarcerated Individuals  
Description: This project explored the relationship between a particularly vulnerable and under-acknowledged population - the formerly incarcerated - and the healthcare community through the medical student perspective. Through exposure to the respective parties via health metrics measurements and participation in a running team, our study demonstrated that interaction with each other increased comfort level and decreased apprehension. We postulate that the experience of having health conversations in a non-traditional medical setting promotes therapeutic relationships that will improve the health status of this population in desperate need of support.
William Adam Janes  
**Presenters:** William Adam Janes  
**Title:** Improving Patient Understanding of their Healthcare Team  
**Description:** For my capstone project in the Bioethics and Professionalism Honors Program, entitled *Improving Patient Understanding of their Healthcare Team*, I set out to improve patients’ understanding of whom they would encounter during their stay in the hospital, and what those individuals’ roles in their healthcare would be. As a result, I prepared a plain-language document describing the constitution of healthcare teams, with descriptions of their members and any other ancillary staff providing patient care, as well as an explanation of the similarities and differences between physicians holding MD and DO degrees. I hope to begin distributing this document next year, pending work with hospital administration; however, at this point I have also prepared a similar document to be distributed to medical students in the preclinical years to smoothen their transition into clinical rotations.

Blake Jones**  
**Presenters:** Blake Jones  
**Title:** HIV Outcomes and Payer Source  
**Description:** We performed a comparative retrospective review of HIV specific compliance outcomes in patients with private and public insurance treated at Loyola University Medical Center outpatient clinic. The purpose was to evaluate the disparities in compliance that exist among the HIV population. The data demonstrated a clear difference among publicly and privately insured patients. The results not only have implications for HIV care but for care of chronic disease and primary care in general, especially as more patients relying on public aid enter the healthcare market under the ACA.

Kristin Kalita**  
**Presenters:** Fadi Bakhos and Danika Prochaska  
**Title:** Wellness Wizards: An Interactive Approach to Childhood Health Education  
**Description:** Wellness Wizards is a summer health program for grade-school children developed to combat disparities in health education, particularly in the community of Maywood, Illinois. Through an interactive program, the children are able to engage in learning about healthy lifestyle choices and are encouraged to construct goals that will enable them to effectively undergo behavior modification in relation to a healthy lifestyle. Key topics throughout the program include: fitness, nutrition, mental health, and hygiene. An introduction, small and large group activities, snack preparation, goal setting, and trips to the ENRICH Natural Learning Center are all modes by which health information is delivered in this program in order to enhance integration of health knowledge into the children's daily lives.

Patrick Marcus  
**Presenters:** Patrick Marcus  
**Title:** “Let’s Play” Peer Lead Spanish Curriculum  
**Description:** The title of my Capstone presentation for the Bioethics and Professionalism Honors program is “‘Let’s Play!’ An approach to peer-led medical Spanish curriculum development.” I developed a curriculum for introductory-level peer-led medical Spanish utilizing student feedback to guide the pace of instruction and objective testing to analyze the effectiveness of the program. The curriculum has now been in use for multiple years, with the majority of participants who attend a majority of classes having improved their Spanish to a level permitting them to complete basic history and physicals for Spanish speaking patients.
Ray Mendez
Presenters: Laurae Hicks
Title: Evaluation and Community Impact of a Health Professions Recruitment and Exposure Program
Description: For the Bioethics and Professionalism Honors Program Laurae Hicks and Ray Mendez presented their work entitled Evaluation and Community Impact of a Health Professions Recruitment and Exposure Program (HPREP). This 5-week program, targeting minority high school students from low-income communities, was created at Loyola to increase interest and awareness of the variety of careers that the healthcare field has to offer through college application preparation, clinical skills, health professions panels, research, presentation skills, and mentoring. Evaluation of the program by surveys was favorable, demonstrating that HPREP participants report more knowledge about the path to a career in medicine and have increased understanding of social determinants of health/health disparities, when compared with their counterparts. The first sessions of the program occurred in Fall 2012 and started with 11 students. The program has since expanded to include 15-18 students per cohort, and it continues to impact minority youths in the Maywood area to date.

Sarah Maki
Presenter: Sarah Maki
Title: Breaking Cultural Barriers to Care and Preventative Medicine
Description: Sarah participated in the Bioethics and Professionalism Honors Program and solely designed a capstone project entitled “Breaking Cultural Barriers to Care and Preventative Medicine”. Her project involved serving underprivileged populations at a free health clinic, and specifically working with patients from various cultures and with recently immigrated refugee populations. As she volunteered, she worked to improve preventative care and education in the clinic by locating translators and creating informational leaflets in other languages for patients that the clinic served. Her project and presentation achieved excellence and was awarded a distinction at the Bioethics and Professionalism Honors Program Capstone Presentation Symposium.

Emma Nalezny
Presenters: Elizabeth Benson
Title: Easing the Transition from the NICU to the Home: A Parental Perspective
Description: For their research in the Bioethics Honors Program, Elizabeth Benson and Emma Nalezny worked alongside Neonatal ICU physicians in order to ensure that parents and families were experiencing smooth transitions upon discharge home from the ICU. For two months, Elizabeth and Emma interviewed parents of NICU graduates, recording their experiences and documenting demographic data for each family. They presented their poster entitled, “Easing the Transition from the NICU to the Home: A Parental Perspective,” at the Bioethics Capstone Research Symposium in June of 2014. At this conference, they outlined their work and emphasized the importance of nurse care and parental support groups for families transitioning home from the NICU.

Nora O’Byrne
Presenters: Adam Hintz
Title: Rehabilitation PM&R at LUC Stritch School of Medicine
Description: A need was identified to educate and familiarize Stritch School of Medicine students on the specialty of Physical Medicine and Rehabilitation. A PM&R interest group was established to provide medical students the opportunity to learn about the field through physiatrist led meetings, shadowing opportunities, journal club, research experiences, and patient support groups. We have also discussed the possibility of including PM&R lectures into the medical school curriculum. Through the interest group and inclusion of PM&R into medical student education, we hope to inform students and stimulate interest in Physical Medicine and Rehabilitation.
Thomas O’Connell  
**Presenters:** Thomas O’ Connell  
**Title:** Demographics and characteristics of third year medical students who have worked with the underserved: a national survey  
**Description:** Tom worked with an internist from the University of Chicago on a national survey of 960 third year medical students assessing the moral and professional formation of physicians. Tom's analysis determined demographics and characteristics of third year medical students who have worked with the underserved. The findings add to the growing body of literature regarding physicians’ moral and professional development. Tom presented his findings for the Bioethics & Professional Honors Program at his capstone presentation titled: *Demographics and characteristics of third year medical students who have worked with the underserved: a national survey.*

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Danika Prochaska*  
**Presenters:** Fadi Bakhos and Kirstin Kalita  
**Title:** Wellness Wizards: An Interactive Approach to Childhood Health Education  
**Description:** Wellness Wizards is a summer health program for grade-school children developed to combat disparities in health education, particularly in the community of Maywood, Illinois. Through an interactive program, the children are able to engage in learning about healthy lifestyle choices and are encouraged to construct goals that will enable them to effectively undergo behavior modification in relation to a healthy lifestyle. Key topics throughout the program include: fitness, nutrition, mental health, and hygiene. An introduction, small and large group activities, snack preparation, goal setting, and trips to the ENRICH Natural Learning Center are all modes by which health information is delivered in this program in order to enhance integration of health knowledge into the children's daily lives.

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Caileigh Pudela  
**Presenters:** Michael Henry and Karen Jackson  
**Title:** Promoting a Therapeutic Relationship Between Medical Students and a Unique Patient Population: Healthcare Perceptions of Formerly-Incarcerated Individuals  
**Description:** This project explored the relationship between a particularly vulnerable and under-acknowledged population - the formerly incarcerated - and the healthcare community through the medical student perspective. Through exposure to the respective parties via health metric measurements and participation in a running team, our study demonstrated that interaction with each other increased comfort level and decreased apprehension. We postulate that the experience of having health conversations in a non-traditional medical setting promotes therapeutic relationships that will improve the health status of and care delivered to this population in need of support.

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John Schempf  
**Presenters:** John Schempf  
**Title:** Barriers That Residents May Have In Discussing Palliative Care  
**Description:** After seeing how influential palliative care discussions can be, and learning how often they are delayed, I decided to do my capstone project on “Barriers That Residents May Have In Discussing Palliative Care.” After a literature review and discussions with palliative care doctors, I created a 36-question survey to give to internal medicine residents. I compiled the data and created a poster, which was then presented in front of faculty and peers. Kellen Sheedy.
**Presenters:** Kellen Sheedy  
**Title:** Art Therapy for Medical Professionals with Compassion Fatigue  
**Description:** As part of Honors in Bioethics my capstone project was 'Art Therapy for Medical Professionals with Compassion Fatigue.' The purpose of the project was two-fold: to provide awareness of compassion fatigue and how it can affect how we interact with patients and also provide art therapy for students at Stritch in the form of floral design courses. The two-hour floral design class will be available 'on-call' for groups of 5-10 students throughout the upcoming year. The design class is the perfect opportunity to give students a break and to learn a new skill.

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**Zaid Siddiqui**  
**Presenters:** Arslan Chaudhry  
**Title:** Rethinking Futile Care: The Jahi McMath Saga.  
**Description:** A scholarly research project that explores the facts of Jahi McMath case and analyzes them from a futility of care perspective. The paper also assesses the Prima Fascie duties of a physician, and why using these duties to assess the ethics of Jahi McMath's case proved inadequate. Lastly, the paper explores Loyola University Medical Center's policies in tackling brain death issues and the role of communication in resolution of such cases as can be demonstrated by similar cases in the past.

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**Jacob Stelter**  
**Presenters:** Jacob Stelter  
**Title:** Food deserts and community food projects: A social justice perspective  
**Description:** For my Bioethics Honors Capstone, I presented my research project entitled "Food deserts and community food projects: A social justice perspective." I worked on this project for two years with a faculty advisor during which we worked on developing a sustainable food system to relieve food deserts in communities surrounding the Loyola University Medical Center. I learned the impact that food deserts have on communities and public health and was able to gain experience in community-based participatory research.

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**William Sveen**  
**Presenters:** William Sveen  
**Title:** Surveying Perspectives of Pediatric Palliative Care at Loyola University Medical Centers  
**Description:** Due to limited access to pediatric palliative care, children suffering from life-limiting diseases remain and undeserved population. In our study "Surveying Perspectives of Pediatric Palliative Care at Loyola University Medical Centers," Dr. Kevin Smith and I surveyed nurses, residents, and attending physicians on perspectives toward pediatric palliative care to assess barriers to establishing a pediatric palliative care service at our hospital and generalize the data for similar hospitals. Our study found relatively few barriers to establishing a pediatric palliative care service with the vast majority believing it would benefit patients and staff. Older and more experienced staff and faculty answered more likely to utilize pediatric palliative care services and be more comfortable caring for children with life-limiting diseases.
Emily Pinto Taylor

Presenters: Emily Tarylor

Title: Mindful Parenting: The impact of MBSR techniques on reducing risk factors among parents of children with Autism Spectrum Disorders

Description: The Mindful Parenting program was developed as both a service project and a research study, investigating the impact of Mindfulness-Based Stress Reduction training on parents of children with Autism Spectrum Disorders, by equipping parents with skills for emotional control, nonjudgmental interactions, and positive self-awareness through class discussions, didactic and interactive learning styles, and community outings. Our project united the instruction of MBSR skills and the daily realization of them in participants’ lives with weekly class discussion and monthly community outings, where community members facilitate conversations and encourage each other to use their skills in a public setting. Our aim was to empower participants to be more effective caregivers for their children and identify whether they report decreasing levels of depression, stress, and anxiety as well as increased utilization of resources and Autism treatment services.