158 (expected) Total Students for 2020 Class
27 Students (17% of class) Completed the Honors Program
5 Students Received Distinctions
18.5% of the Honors Program Students Received Distinctions

**Bioethics & Professionalism Honors Program**
**SSOM 2020 Class**

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

Cooper Aakhus**
**Title:** “Homeless Patients in the ED: Where are they? The Case for an Intervention at LUMC”
**Description:** As the care for homeless populations has shifted towards a Housing First model in which housing is a main pillar of care, there is no concrete data on the homeless population that utilizes Loyola University Medical Center (LUMC). My study’s aim was to determine the homeless population that presented to LUMC in calendar year 2017 and to compare patients that visited the Emergency Department one time versus those that visited 2 or more times. I accomplished this through a retrospective chart review utilizing new processes to identify homeless patients based on diagnoses, addresses and documentation with a Positive Predictive Value of 84% and a Sensitivity of 93%. Our results showed that in 2017 701 visits with 521 unique patients were identified as an encounter with a homeless patient. Of the 521 patients, 448 patients only had 1 encounter identified and 73 patients had 2 or more visits. The study concluded LUMC has a significant number of acute and chronically homeless patient that utilize the Emergency Department every year and an intervention towards rapid housing of these patients would be warranted and beneficial for this at-risk population.

Tanesha Beebe
**Title:** “Importance of the Integration of LGBT* Health Education in the Medical School Curriculum”
**Description:** LGBT health knowledge is clearly important to care for our diverse patient population. I looked at the implicit biases of all level of medical students at Stritch. The goal of the project was to integrate small changes in the curriculum regarding LGBT care without imposing any difficulty on the faculty member discussing this information.

Amy Bier
**Title:** “Examining the Possibility of Physician Assisted Death and its Implications with Depression in the Terminally Ill”
**Description:** My project focused on recognizing depression in the terminally ill and how it is a widely underdiagnosed illness, leading to decreased quality of life in patients nearing the end of their life. Without proper diagnosis, patients face increased suffering and pain. As physician assisted death (PAD) becomes further legalized throughout the U.S., patients must be adequately screened and treated for depressive symptoms to alleviate this burden of illness and prevent them from inappropriately accessing PAD. With necessary screening and treatment, patients will be allowed a more comfortable death and those requesting PAD will be ensured to be of sound mind.

Danielle Brazel**
**Title:** "Physician Displays of Emotion: Attitudes Across Training"
**Description:** Background: Danielle’s bioethics honors capstone project studied attitudes of medical students, residents, and attending’s on the appropriateness of crying with a patient. Respondents are more likely to
indicate physician crying as more inappropriate when the physician is female, the patient has family present, or a colleague is present, but less likely to indicate physician crying as inappropriate when the patient is crying or there exists a lengthy relationship between the patient and the physician. The data showed no statistically significant difference in responses by level of training or by specialty. Physician-displays of emotion appear to be a cultural issue, rather than a patient-centered one.

Elizabeth Bruno
Title: “Wall of Hope: Assessing Community Strengths, Values and Interests”
Description: This project aimed to develop a data collection process to be used in a larger asset mapping effort to improve health and wellness in the Maywood community. I developed a series of activities to collect information about assets from residents and piloted them at a local community engagement event. The information collected during the event was shared with community leaders and is being used to develop solutions to challenging health issues such as food insecurity. I also trained two members of a local health coalition in these methods in order to expand the data collection process to different groups of residents.

Andy Chen
Title: “Stritch Peer Professionalism Education Program: Clinical and Pre-Clinical Professionalism for Medical Students Taught by Medical Students”
Description: For his capstone project for the Bioethics and Professionalism Honors Program, Andy founded the Stritch Peer Professionalism Education Program in collaboration with our school’s Office of Student Affairs along with various members of school faculty and administration. This is a peer-led and peer-supportive education program for medical student professionalism where the goal is to increase awareness about commonly-seen professionalism issues that arise during training and to provide advice on how to better handle these situations. Andy recruited over 60 Stritch students and trained them to serve as facilitators and instructors in this program, which services every first year medical student at our school. Some of the benefits of this program include education for students in a friendly and low-stress teaching environment along with the opportunities for student leadership and teaching as well as inter-class student networking and advising.

Bianca Di Chiaro
Title: “Mentorship and Curriculum Evaluation of Health Career Collaborative Through Mentee Questionnaires”
Description: For her capstone project for the Bioethics and Professionalism Honors Program, Bianca on curriculum evaluation for a mentorship program she was involved with during the first two years of medical school. The mentorship program, the Health Career Academy, provided students from low income, ethnic, and racial minority backgrounds with mentorship through health professional students. Her questionnaire found that both curriculum and mentors were effectively imparting medical and public health knowledge, students were exposed to different careers in health care, and mentors were able to advice on school and higher education.

Dylan Douglas
Title: “The Impact of the Closing of Maywood’s (IL) Only Grocery Store”
Description: Champions for Change is a student-run community advocacy after-school program for high school students in the Maywood, IL community that focuses on providing education and real-world experience centered around the four pillars of community health, physical education, mental well-being, and nutrition. Following the closing of the community's only grocery store, Dylan Douglas helped create a food asset map of Maywood, IL to fully assess what food resources the community had available. Furthermore, utilizing high
David Grande  
Title: “Addressing Medical Student Burnout at Stritch: Adopting the Resilience Team Model”  
Description: Given the increasing prevalence of burnout among healthcare professionals, particularly medical students, David sought to address this ethical dilemma through the Bioethics Honors Program via his capstone thesis project, “Addressing Medical Student Burnout at Stritch: Adopting the Resilience Team Model.” In collaboration with Loyola Medicine’s Resilience Team, he worked to adopt their model to serve as the foundation for a medical student wellness initiative. His model utilizes volunteer physicians as an outlet for medical students experiencing the struggles and stress of medical training.

Jacqueline Greene  
Title: “Addressing Homelessness and Substance Use Disorder Concurrently”  
Description: Jacqueline Greene completed a conceptual paper as her final capstone project for the Bioethics & Professionalism Honors Program. The paper discusses the interdependent relationship between homelessness and substance use disorders and their cause-effect relationship. It explores the barriers to healthcare that are faced by people struggling with homelessness. The paper evaluates the existing resources that address homelessness and substance use disorders separately and the resources that address both concurrently. Lastly, discussed is best practices to adequately address the issues concurrently and recommendations on implementation.

Andrea Grillini  
Title: “Shifts in stigma: Effects of an experiential learning opportunity on medical students’ perspectives of children with disabilities”  
Description: For the Bioethics and Professionalism Honors Program, Andrea completed and presented a capstone project entitled “Shifts in stigma: Effects of an experiential learning opportunity on medical students’ perspectives of children with disabilities”. With an interest in curricular enhancement, Andrea designed this project to measure the effects of Operation Homefront, a program that pairs third year medical students with families of children with disabilities for two community-based experiences during the Pediatrics clerkship. The program aims to promote physician sensitivity to the challenges of caring for children with special needs. She designed a study using a validated survey instrument to quantify a measurable change in perspectives as a result of the experience, and engaged with the program coordinator to add further structure to the program for future years.

Chalonda Handy  
Title: “Managing Burnout-Coping Strategies for Medical Students”  
Description: The focus of the Bioethics study was to conduct a literature review of various methods used to address medical student burnout/stress, done in an effort to provide students with options for coping strategies. The research effort compared peer-reviewed investigations into: progressive muscle relaxation, guided imagery, relaxation response, emotional freedom technique, transcendental meditation, and mindfulness-based stress reduction techniques. Although transcendental meditation and mindfulness offer the most comprehensive means to help restore homeostasis for burnout and stress management, the results of this study advocate for the development of a catalog of practical techniques that have been shown to be effective in managing burnout and
stress, that students can use to investigate and choose a method that most appeals to them rather than taking a paternalist/prescriptive approach and saying that one particular method should be employed over the others.

Deena Kishawi**
Title: “Hijab in the Operating Room: How to Address Barriers that Prevents Hijab-Wearing Women from Pursuing Careers in Surgery”
Description: Deena's longitudinal project, Hijab in the OR, focused on research and development for ways to reduce barriers that prevent Muslim hijab-wearing women from pursuing careers in surgery and subsurgical specialties. She spent an extensive amount of time developing educational materials, contacting hospitals, and facilitating accommodations. She has been able to implement change in many hospital systems, including Trinity Health, Loyola University Medical Center's parent hospital system. She is currently working on product development to create a surgical hijab that can be worn in sub-sterile environments and is working on getting her product patented.

Ryan LeDuc
Title: “The Impact of the Closing of Maywood’s (IL) Only Grocery Store”
Description: Champions for Change is a student-run community advocacy after-school program for high school students in the Maywood, IL community that focuses on providing education and real-world experience centered around the four pillars of community health, physical education, mental well-being, and nutrition. Following the closing of the community's only grocery store, Ryan LeDuc helped create a food asset map of Maywood, IL to fully assess what food resources the community had available. Furthermore, utilizing high school students in the program as well as other key community informants, interviews were conducted to further understand the real impact, with an emphasis on the adolescent population within the Maywood community. Additionally, by creating a Stritch School of Medicine sponsored organization, this essential after school safe place program will continue throughout the years with each new incoming medical school class.

Giselle Malina**
Title: “The Just Physician: A Guide to Refugees and Asylum Seeking Populations for Members of the Medical Community”
Description: Giselle Malina completed the bioethics honors program with distinctions through her three-year long project focusing on the medical needs and ethical issues affecting refugee and asylum seeking populations in the United States and abroad. Her project culminated in a poster presentation and 25 page paper entitled "The Just Physician; A Guide to Refugee and Asylum Seeking Populations for Members of the Medical Community.

Charles Marquardt
Title: “Historical and Contemporary Views on the Right to Suicide in the Mentally Ill”
Description: Physician-assisted suicide and euthanasia are more humane and dignified methods of ending one’s life than those attempted by the mentally ill outside of a hospital setting. Access to these resources should be made universally available for those individuals who clearly possess capacity and have been consistently refractory to treatments. It is becoming more accepted that capacity can be maintained in patients with suicidal ideation, therefore they are not disqualified from making their own medical decisions. Furthermore, if suicide is viewed as part of the natural history of some patient’s mental illnesses, just as death is in the case of malignant cancer, it follows that the same end-of-life resources must be extended to those suicidal patients.

Cesar Montelongo Hernandez
Title: “Examining the U.S Policies that Allowed Undocumented People to Become Physicians”
Description: Undocumented people in the U.S. lack much of the documentation that allows U.S. citizens and legal residents to be educated and work. Despite this, at present there are now undocumented people that have been trained in the U.S. as physicians. Undocumented physicians are a paradox, a result of the aggregation and interaction of policies enacted over decades at the federal, state, and institutional level. This project outlines the major U.S. policies that resulted in undocumented physicians.

Jamie Neelon
Title: “Examining the Benefits of Controlled Drug Use: Modafinil as a Cognitive Enhancer”
Description: This conceptual project focused on examining the positive and negative aspects of theoretically allowing Modafinil, a nonamphetamine stimulant, to be used for voluntary neurocognitive enhancement. In this paper, I clearly explain the societal impacts and repercussions that we would face if Modafinil is allowed for widespread use; however, I also describe the powerful potential that this drug has in its ability to increase productivity in academic and professional settings. Ultimately, I come to the conclusion that because this drug's benefits outweigh its risks, we, as a society, should be more open to taking advantage of this drug's cognitive prowess in a strict selection process for select professional and ethical situations.

Sun Park
Title: “Identity and Mental Health”
Description: Claire partnered with the Korean American community at Hana Center to create a children’s camp for immigrant children. The summer camp was a series of activities that explored racial identity, strategies for stress management, building relationships and teamwork, and ways to resolve conflict peacefully. She also co-designed an exercise club for seniors at Quinn Center, focusing on both mental and physical well-being, beginning with meditation, stress exercises that can be done at home, and ending with a modified Zumba for seniors.

David Perlman
Title: “The Impact of the Closing of Maywood's (IL) Only Grocery Store”
Description: Champions for Change is a student-run community advocacy after-school program for high school students in the Maywood, IL community that focuses on providing education and real-world experience centered around the four pillars of community health, physical education, mental well-being, and nutrition. Following the closing of the community's only grocery store, David Perlman helped create a food asset map of Maywood, IL to fully assess what food resources the community had available. Furthermore, utilizing high school students in the program as well as other key community informants, interviews were conducted to further understand the real impact, with an emphasis on the adolescent population within the Maywood community. Additionally, by creating a Stritch School of Medicine sponsored organization, this essential after school safe place program will continue throughout the years with each new incoming medical school class.

Christian Renz
Title: “The Impact of the Closing of Maywood’s (IL) Only Grocery Store”
Description: Champions for Change is a student-run community advocacy after-school program for high school students in the Maywood, IL community that focuses on providing education and real-world experience centered around the four pillars of community health, physical education, mental well-being, and nutrition. Following the closing of the community's only grocery store, Christian Renz created a food asset map of Maywood, IL to fully assess what food resources the community had available. Furthermore, utilizing high school students in the program as well as other key community informants, interviews were conducted to further understand the real impact, with an emphasis on the adolescent population within the Maywood community.
community. Additionally, by creating a Stritch School of Medicine sponsored organization, this essential after school safe place program will continue throughout the years with each new incoming medical school class.

Saad Siddiqui
Title: “Toward Developing a Hospital Violence Intervention Program at LUMC/Stritch SOM”
Description: For my bioethics capstone, I have worked on a service and theoretical project to understand Loyola University Medical Center’s response to gun violence in the emergency department and compare our approach to established initiatives. The service work consists of attending monthly meetings, a community summit, and working with other colleagues in various capacities. The theoretical project consists of a paper and poster comparing Loyola’s gun violence initiative to that of nationally recognized programs and delineating strengths/weaknesses in order to move Loyola’s initiative toward a comprehensive program that meets national standards.

Lauren Steinberg
Title: “Preparing Third Year Medical Students for Challenging Ethical Scenarios”
Description: For my Bioethics Honors Capstone project, I created and implemented an orientation session for incoming third year medical students focused on challenging ethical scenarios they may encounter on clinical clerkships. After reflecting on my third year experience and consulting my peers, I put together five cases of challenging scenarios with associated discussion questions. The topics cover: responding to family or friends seeking medical advice, how to recognize and report student mistreatment, correcting a resident on your team, working with unprofessional attendings, and the benefits and risks of copying-and-pasting electronic medical records. The overall goals of the project are to prepare students for challenging scenarios and inform their ethical decision-making. I hope to publish the project in an educational journal in efforts to implement the session in other medical school curricula.

Weston Terrasse
Title: “Addressing Medical Student Burnout at Stritch: Adopting the Resilience Team Model”
Description: Given the increasing prevalence of burnout among healthcare professionals, particularly medical students, Weston sought to address this ethical dilemma through the Bioethics Honors Program via his capstone thesis project, “Addressing Medical Student Burnout at Stritch: Adopting the Resilience Team Model.” In collaboration with Loyola Medicine’s Resilience Team, he worked to adopt their model to serve as the foundation for a medical student wellness initiative. His model utilizes volunteer physicians as an outlet for medical students experiencing the struggles and stress of medical training.

Adam Wadina
Title: “Addressing Difficult Topics: Preparing Your Patients for a New Disability”
Description: The project is titled "Addressing Difficult Topics: Preparing Your Patients for a New Disability," and was completed and presented by Adam Wadina. The objective of the project was to offer a template that health care providers could follow in their care of patients as they adjust to a new disability. The suggested methods combine the implementation of a standardized questionnaire and a semi-structured patient interview. These tools will help providers determine what factors influence a patient's adjustment and how they can offer their patients support through the transition.

John Wagner**
Title: “Clinical Exposure and Cultural Competence Training in the Preclinical Years: A Pilot Study Involving Veteran Patients”
**Description:** As part of the Bioethics Honors Program, John completed a service and education capstone project, for which he was awarded distinction by Stritch faculty for excellence in the program. During his first year of medical school, he founded a student organization called Veteran Health Partners, a pilot volunteer group which partners medical students with patients in residential care at an affiliated veteran’s affairs hospital for a long term service experience. Since then, he has led efforts to grow the initiative into a sustainable and innovative medical education model which helps increase clinical exposure for students beginning in the preclinical years while simultaneously aiming to foster trainee resilience, improve cultural competency, and provide a service to patients in need.

**Devin Williams**

**Title:** “Best Practices in the Promotion of Healthy Lifestyle Choices During Childhood Development”

**Description:** During the 2017-2018 school year I led a Healthy Eating Workshop afterschool program for children ages 4 - 10 at a local community center. This program was instituted with a goal of early childhood intervention in an effort to combat childhood obesity. My bioethics capstone project focused on researching similar programs that target childhood obesity in an effort to discover the evidence-based best practices for successfully implementing these programs. Ultimately, my hope is that the information gained from this project will be used to improve and further increase the success of the Healthy Eating Workshop in the coming years.