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## Inside Notes



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER  
Paul L. Foster School of Medicine™

Weekly News | 06.03.10



### Campus Health Initiative Committee Members

- Patricia Williams
- Dottie Samaniego
- David Porras
- Laura Gallegos, Ed.D.
- Lisa Ruley
- Liz Widby
- Arthur Islas, M.D., MPH
- Patrick Tarwater, Ph.D.
- Charles Miller, Ph.D.
- Rebecca Salcido, J.D.
- Roberto Martinez
- Robin Dankovich
- Kathryn Horn, M.D.
- Angie Martinez
- Ines Anchondo, DrPH, RD, LD, CSP, MPH
- Myriam Casillas
- Alicia Gacharna
- Kirk Baston, M.D.
- Alma Sanchez
- Jose Melchor
- Lieutenant Tony Quintela



### From the Desk of the Founding Dean

**Campus Health Initiative** - A few months ago, I gave the directive to begin a campus health initiative committee. This committee gathered data that showed the toll work, stress and lack of time takes on our faculty, staff and students. The comments suggested that while we emphasize the importance of health and wellness to the community, we don't stress it enough within the organization.

On Friday, July 9, 2010, the Texas Tech University Health Sciences Center Paul L. Foster School of Medicine campus will begin its campus health initiative program: *Walkin' the Talk*. (Learn more about the initiative in next week's *Tech View*.) President *Tedd Mitchell, M.D.*, whose expertise spans the wellness/health spectrum, will be the motivational speaker on that day. Yes – it will be July and either very hot or very wet outside – but my hope is that the sun will shine for each of us to get our daily dose of Vitamin D and that each of us breaks a sweat - proof that we're *moving* in the right direction!

Part of this initiative is to get people moving. At the event, people can sign up with “walking leaders” to join forces to put some physical activity into their day. It can be prior to work, during lunch or after work – as long as you are off the clock and taking time for yourself. In the coming months, lectures pertaining to health and wellness will be provided to all. This will be an ongoing part of our internal efforts to make health and wellness a priority on this campus. Thank you to our Campus Health Initiative Committee Members for focusing their efforts on an area that will impact each of us daily. If we can build a four-year medical school for our community as a team – then we can do this for each other.

*Founding Dean Jose Manuel de la Rosa, M.D.*

### Response to Nursing Shortage Draws Nearly \$1 Million

The Texas Higher Education Coordinating Board awarded Texas Tech University Health Sciences Center School of Nursing in El Paso and University Medical Center at El Paso a grant totaling \$902,165, to establish a hospital-based nursing education program. This grant was the largest of eight awardees.

“Our award is the only one that was made to a West Texas medically-underserved community, and has tremendous potential to impact the healthcare needs of our community through the increased production of clinically and culturally competent nurses, with in-depth exposure to interprofessional teamwork,” said *Josefina Lujan, Ph.D.*, founding dean of the TTUHSC SOM at El Paso. “This is possible because of the partnership between faculty from the TTUHSC Paul L. Foster School of Medicine collaborating with nursing faculty from the TTUHSC SON at El Paso and UMC to provide non-nursing content.”

The program was established by the Texas Legislature, which appropriated \$5 million to address the state's need for additional nurses. It is designed to increase the number of professional nursing education program enrollees and graduates through support for education initiatives that promote collaboration between hospitals and nursing education programs.

For information about the various routes available to pursuing a nursing degree at the TTUHSC SON at El Paso, call 783-5680 or visit the website at [www.ttuhsc/elpaso/son](http://www.ttuhsc/elpaso/son).

## Nutrition Experts Want to Model El Paso's Baby Café In Their Cities

**Baby Café is a joint project of TTUHSC Paul L. Foster School of Medicine, University Medical Center, Paso del Norte Health Foundation and Texas Department of Health**



Sixteen nutrition experts from all over the state of Texas were recently sent by the Texas Department of State Health Services (TDSHS) to a workshop on campus to learn more about starting a Baby Café in their city. Professors in nutrition from the University of Texas Health Sciences Center at San Antonio, Texas State University, San Marcos, and regional nutritionists from Corpus Christi, Houston, Harlingen, San Antonio, and Hidalgo county, as well as representatives from La Leche League in Houston and the Texas Breastfeeding Coalition attended the workshop.

The El Paso Baby Café was started a little over a year ago and is project of Texas Tech University Health Sciences Center Department of OB/GYN, University Medical Center of El Paso, Paso del Norte Health Foundation, and the Texas Department of Health's Nutrition, Physical Activity and Obesity Prevention Program. The El Paso Baby Café is the second one to open in the United States and the only one in Texas. The idea for a baby café originated in England.

"It was an outgrowth of years of working on the Baby Friendly project at both TTUHSC and UMC as it fulfills the tenth step to the Ten Steps to Baby Friendly, a World Health Organization (WHO/UNICEF) initiative that the hospital and Texas Tech are undertaking. It was also created to address the gap in lactation services here on the border," said *Libby Berkeley, M.P.H.*, of the TTUHSC Department of OB/GYN and the person behind the idea for a baby café in El Paso.

Mothers in El Paso now have a place to go where they can get breastfeeding help and support and meet other mothers in a relaxed, child-friendly, informal café-style environment at the El Paso Baby Café. The Baby Café is located at 5032 Montana in the Chelmont Shopping Center.

Other partners in the Baby Café project are March of Dimes, WIC, Superior Health Plan, and Laura W. Bush Institute for Women's Health. Hours for the Baby Café are every Tuesday and Thursday from 1:30 to 3:30 p.m., and Wednesday from 5:30 p.m. to 7 p.m.

Some reasons women should breastfeed:

- Improved immunity
- Improved dental health
- Decreased rates of childhood obesity and diabetes
- Decreased rates of asthma and allergies
- Improved family bonding
- Unrivaled quality of nutrition
- Improved intelligence
- Friendly to the environment
- Practically free of charge



Becky Moreno

### 30-Year Employee Snapshot: **Becky Moreno**

**Position:** Senior Analyst, MPIP

**Born/Raised:** El Paso

**Family:** I have a wonderful husband and three beautiful children, Carlos, 19, Javier, 17, and Becky, 15.

**What drew you to Texas Tech and why have you stayed?** I came to Texas Tech for an interview as a student assistant and was hired by David Porras back in 1979. I have since then been in the MPIP Department. I can simply say I love what I do and the people I work with.

**If you could do it over, what other career or job would you choose?** If I could do it over again, I think I would like to work in a clinic setting with the handicapped children or the elderly.

**What words of wisdom do you have for new employees to TTUHSC?** How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong, because sometime in your life, you will have been all of these.

**Do you have a favorite quote?** To succeed in life, you need three things: a wishbone, a backbone, and a funnybone.



Manuel Schydlower, M.D.

## Professional Society Fellowship Recertification

*Manuel Schydlower, M.D.*, Associate Dean for Admissions and Professor of Pediatrics, TTUHSC Paul L. Foster School of Medicine, was recently recertified as a Fellow in the Society for Adolescent Health and Medicine (SAHM) in recognition of a significant commitment to the health care of adolescents, to continuing professional education in the field, and to upholding the goals of the Society. SAHM (formerly Society for Adolescent Medicine) is a multi-disciplinary organization committed to advancing the health and well-being of adolescents through education, research, clinical services and advocacy activities. Dr. Schydlower served as president of this national professional organization in 2001, and is presently a member of the past presidents' council of SAHM.

## Summer Seminar Series on Health Disparities

The Cultural Competence Program of the School of Medicine and the Center for International and Multicultural Affairs (CIMA) invites everyone to a series of summer seminars that focus on health disparities. The goal of the series is to inform faculty, students, and staff of the origin and prevalence of health disparities in targeted disease areas that affect populations in West Texas. The initial disease topics will be asthma, hypertension, sickle cell, and sleep disorders related to obesity.

Speaker for Wednesday, June 16 at 11 a.m., in Room 1102 of the Archer Bldg is *Fiona Prabhu, M.D.*, who will speak on "Health Disparities and Asthma." Dr. Prabhu is an associate professor in the Department of Family Medicine, Lubbock.

Lecture objectives include:

- Define the health disparities that exist in the management of asthma
- Explore the reasons for the health disparities
- Discuss the attempts and recommendations to minimize the disparities

## Medical Education Program Open to All

Faculty, residents, students and other healthcare professionals are invited to a presentation Thursday, June 10 from noon to 1:30 p.m. at the MEB, Room 1100 on "Delivering Quality Care to Diverse Populations." Speaker for the presentation is *Desiree Lie, M.D.*, director, Division of Faculty Development, University of California, Irvine, Department of Family Medicine.

Dr. Lie received her B.A and M.A. from Cambridge University, and her medical degree from Oxford University, England. She completed residency at Oxford University, received a Masters in Medical Education at the University of Southern California. Dr. Lie is double board-certified in family medicine/general practice in the U.S. and the U.K. She has been published in Academic Medicine, Family Medicine and Medical Education among other distinguished journals. She serves on the editorial board of Medscape. She is also member of the American Academy of Family Physicians and the Society of Teachers of Family Medicine.

This program is not a CME program and is not designed to meet any training and/or educational requirements. The speaker is speaking on behalf of Merck and Co., Inc. RSVP by June 7 to 545-5760 or [Julissa.marquez@ttuhsc.edu](mailto:Julissa.marquez@ttuhsc.edu).

"Eagle in the Sun Triathlon"  
Kickoff Party Thursday,  
June 17 from 5 p.m. to 8 p.m.  
at Toro Burger on Montana  
near Airways. For more  
information, contact Race  
El Paso at 915.433.3439 or  
go to [www.raceelpaso.com](http://www.raceelpaso.com).



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