

**W.I.M.S.**  
**TTUHSC EL PASO**  
WOMEN IN MEDICINE AND SCIENCE

**7TH ANNUAL PROFESSIONAL DEVELOPMENT CONFERENCE**

**STRIVING AND THRIVING**  
*in tough times*

**CAREER STRATEGIES FOR ACADEMIA**

**FEATURED SPEAKERS:**



**SARAH A. BIRKEN, PH.D., MSPH**

Associate Professor, Department of Implementation Science, Wake Forest Baptist Health Comprehensive Cancer Center, Wake Forest University



**MEGHAN LANE-FALL, M.D., MSHP, FCCM**

Vice Chair of Inclusion, Diversity, & Equity, David E. Longnecker Associate Professor of Anesthesiology & Critical Care, and Associate Professor of Epidemiology, Perelman School of Medicine, University of Pennsylvania



**MELANIE LONGHURST, PH.D., M.ED.**

Assistant Professor and Psychology Training Director, Department of Psychiatry, Paul L. Foster School of Medicine, Texas Tech University Health Sciences Center El Paso

**30** **FRIDAY**  
**SEPTEMBER**  
**2022**  **7:30 AM-**  
**1:30 PM**

**HOTEL PASO DEL NORTE**

10 Henry Trost Ct., El Paso, TX 79901

**LEARNING OBJECTIVES:**

**Following the conference, the participant should be able to:**

- Identify unmet and professional needs.
- Explain supports required to thrive in medicine and science using Maslow's hierarchy of needs.
- Compare the responsibilities of institutions and systems with individual faculty members' responsibilities in creating conditions for success in medicine and science.
- Discuss strategies to manage stress and improve intrapersonal strength and resilience.

# SPEAKERS:



## **SARAH BIRKEN, PH.D., MSPH**

Associate Professor, Department of Implementation Science  
Wake Forest Baptist Health Comprehensive Cancer Center  
Wake Forest University

Sarah A. Birken is an Associate Professor in the Department of Implementation Science in the School of Medicine and Member of Wake Forest Baptist Health's Comprehensive Cancer Center. Her research focuses on organizational determinants of implementation, middle managers' role in implementing evidence-based practices, the implementation of innovations in cancer care, and the selection and application of implementation theories. She has received research funding from the Agency for Healthcare Research and Quality, the Cancer Research Network, the Centers for Disease Control and Prevention, and the National Cancer Institute. Dr. Birken is committed to the advancement of women scholars. She has published on the topic and co-hosts *AcaDames*, a podcast about women in academia.

## **MEGHAN LANE-FALL, M.D., MSHP, FCCM**

Vice Chair of Inclusion, Diversity, & Equity  
David E. Longnecker Associate Professor of Anesthesiology & Critical Care  
Associate Professor of Epidemiology  
Perelman School of Medicine, University of Pennsylvania

Dr. Meghan Lane-Fall is a perioperative implementation scientist, and practicing anesthesiologist and intensive care physician. At the University of Pennsylvania, she is the Executive Director of the Penn Implementation Science Center at the Leonard Davis Institute of Health Economics. Her research focuses on the application of implementation science to improve patient safety and communication in perioperative and critical care settings. She serves as the David E. Longnecker Associate Professor of Anesthesiology and Critical Care, and Vice Chair of Inclusion, Diversity, and Equity, with a secondary faculty appointment in epidemiology. Dr. Lane-Fall is also Vice President of the Anesthesia Patient Safety Foundation and is on the Board of Directors of the Foundation for Anesthesia Education and Research.



## **MELANIE LONGHURST, PH.D., M.ED.**

Assistant Professor and Psychology Training Director  
Department of Psychiatry, Paul L. Foster School of Medicine  
Texas Tech University Health Sciences Center El Paso

Dr. Melanie Longhurst is an Assistant Professor, licensed clinical psychologist, and Psychology Training Director in the Texas Tech University Health Sciences Center El Paso (TTUHSC El Paso) Department of Psychiatry. Dr. Longhurst also works in collaboration with residents and faculty in the TTTUHSC El Paso Department of Family and Community Medicine Kenworthy as a behavioral scientist and core faculty member of the residency program. She earned a M.Ed. in Guidance and Counseling from the University of Texas at El Paso and a Ph.D. in Counseling Psychology from Texas Tech University. She completed her pre-doctoral internship and post-doctoral fellowship in Clinical Psychology at the South Texas Veterans Health Care System, specializing in Primary Care Behavioral Health Integration and Health Psychology. She is a native of El Paso, TX and is passionate about increasing access to mental health services and wellness, as well as multicultural issues impacting Latinx individuals.

# 7<sup>TH</sup> ANNUAL PROFESSIONAL DEVELOPMENT CONFERENCE

**W.I.M.S.**  
TTUHSC EL PASO  
WOMEN IN MEDICINE AND SCIENCE

## **STRIVING AND THRIVING** *in tough times* CAREER STRATEGIES FOR ACADEMIA

9.30.22 | HOTEL PASO DEL NORTE

### AGENDA

**7:30 AM**

**REGISTRATION AND BREAKFAST**

**8:00 AM**

**WELCOME AND OPENING REMARKS**

**8:15 AM**

#### **SESSION 1**

How I'm Thriving in Academia:  
Lessons from My Journey through Therapy, Meditation, Yoga, and Podcasts  
*Sarah Birken, Ph.D., MSPH*

**9:15 AM**

**BREAK**

**9:25 AM**

#### **SESSION 2**

Mindfully Managing Stress and Maintaining Wellness  
*Melanie Longhurst, Ph.D., M.Ed.*

**9:55 AM**

**BREAK**

**10:05 AM**

#### **SESSION 3**

Using Maslow's Hierarchy of Needs to Support Women in Medicine and Science  
*Meghan Lane-Fall, M.D., MSHP, FCCM*

**11:05 AM**

**BREAK**

**11:15 AM**

#### **PANEL DISCUSSION**

Thriving in Academia: Tips for Success  
*Moderated By: Jennifer Molokwu, M.D., M.P.H., WIMS President, and Associate Professor  
Department of Family and Community Medicine, PLFSOM, TTUHSC El Paso*

**12:15 PM**

**BREAK**

**12:30 PM**

**NETWORKING LUNCH**

# CONFERENCE OVERVIEW AND TARGET AUDIENCE

The focus of the conference is on promoting strategies for faculty members to strive and thrive in medicine and science amidst unmet needs and competing responsibilities.

This educational activity is designed for all faculty members, residents, and postdoctoral fellows at the Texas Tech University Health Sciences Center El Paso.

## CME ACCREDITATION AND DESIGNATION

### ACCREDITATION

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### CREDIT DESIGNATION

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine designates this live activity for a maximum of 3.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ETHICS CREDIT

This activity provides 3.5 continuing medical education (CME) credit hours toward the annual requirement of the Texas Medical Board for continuing medical education credit in medical ethics or professional responsibility.

## NURSING ACCREDITATION AND CREDIT

### NURSING ACCREDITATION STATEMENT

Texas Tech University Health Sciences Center El Paso is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Contact Hours: 3.5

# FACULTY AND PLANNING COMMITTEE

## FACULTY

### **Sarah Birken, Ph.D., MSPH**

Associate Professor  
Department of Implementation Science  
Wake Forest Baptist Health Comprehensive Cancer Center  
Wake Forest University  
Winston-Salem, NC

### **Meghan Lane-Fall, M.D., MSHP, FCCM**

Vice Chair of Inclusion, Diversity, and Equity  
David E. Longnecker Associate Professor of  
Anesthesiology and Critical Care  
Associate Professor of Epidemiology  
Perelman School of Medicine, University of Pennsylvania  
Philadelphia, PA

### **Melanie Longhurts, Ph.D., M.Ed.**

Assistant Professor, Department of Psychiatry  
Psychology Training Director  
Paul L. Foster School of Medicine  
Texas Tech University Health Sciences Center El Paso  
El Paso, TX

## PLANNING COMMITTEE

### **Jennifer Molokwu, M.D., M.P.H.**

President  
Women in Medicine and Science  
Associate Professor of Family and Community Medicine  
Paul L. Foster School of Medicine  
Texas Tech University Health Sciences Center El Paso  
El Paso, Texas

### **Silvina Tonarelli de Maud, M.D.**

President-Elect  
Women in Medicine and Science  
Associate Professor of Psychiatry  
Paul L. Foster School of Medicine  
Texas Tech University Health Sciences Center El Paso  
El Paso, Texas

### **Jessica Calderón- Mora, Dr.P.H.**

Career Development Committee Chair  
Women in Medicine and Science  
Research Assistant Professor of Molecular and  
Translational Medicine  
Paul L. Foster School of Medicine  
Texas Tech University Health Sciences Center El Paso  
El Paso, Texas

### **Shaked Laks, M.D.**

Career Development Committee Chair-Elect  
Women in Medicine and Science  
Associate Professor of Radiology  
Paul L. Foster School of Medicine  
Texas Tech University Health Sciences Center El Paso  
El Paso, Texas

### **Jessica Chacon, Ph.D.**

Research Collaborations Committee Chair  
Women in Medicine and Science  
Assistant Professor of Medical Education  
Paul L. Foster School of Medicine  
Texas Tech University Health Sciences Center El Paso  
El Paso, Texas

### **Zainab Al Lawati, M.D., M.Ed.**

Research Collaborations Committee Chair-Elect  
Women in Medicine and Science  
Assistant Professor of Surgery  
Paul L. Foster School of Medicine  
Texas Tech University Health Sciences Center El Paso  
El Paso, Texas

### **Cindy Camarillo**

Senior Director  
Office of Faculty Affairs and Recruitment  
Texas Tech University Health Sciences Center El Paso  
El Paso, Texas

### **Mayra Morales, M.B.A.**

Senior Director  
Office of Diversity, Inclusion, and Global Health  
Texas Tech University Health Sciences Center El Paso  
El Paso, TX

### **María Gutierrez**

Coordinator  
Office of Continuing Medical Education  
Paul L. Foster School of Medicine  
Texas Tech University Health Sciences Center El Paso  
El Paso, Texas

## CONFERENCE INFORMATION

If you have any questions regarding this conference, email María Gutierrez at [maria.f.gutierrez@ttuhsc.edu](mailto:maria.f.gutierrez@ttuhsc.edu) or call 915- 215-4882. The Texas Tech University Health Sciences Center El Paso reserves the right to cancel this conference or make speaker substitutions in the event of unforeseen or extenuating circumstances.

In an effort to conserve resources, no printed materials will be available. Conference dress is business casual and attendees are encouraged to bring a sweater or jacket for comfort during the meeting. Persons with disabilities who need auxiliary aids or services must submit a written request to María Gutierrez at the email address listed above, so that appropriate arrangements can be made.

## PROGRAM LOCATION

Hotel Paso Del Norte  
10 Henry Trost Ct., El Paso, TX 79901

Friday, September 30, 2022  
7:30 AM to 1:30 PM

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## REGISTRATION INFORMATION

**FACULTY AND OTHER ATTENDEES: \$75**

**RESIDENTS AND POSTDOCTORAL FELLOWS: \$50**

**DEADLINE TO REGISTER: SEPT. 23, 2022**

The registration fee includes breakfast and lunch. Please submit the registration form by one of the following methods:

- **FAX** to 915-215-6479
- **EMAIL** to [cmeinfo@ttuhsc.edu](mailto:cmeinfo@ttuhsc.edu)
- **MAIL** to the Office of Continuing Medical Education at 5001 El Paso Drive, MSC 21005, El Paso, TX 79905

**CANCELLATIONS** must be made in writing and received by Sept 23. A \$20 processing fee will be charged for all cancellations. No refunds will be made after Sept 23. No walk-in registrations will be allowed the day of the conference.

## REGISTRATION FORM

\_\_\_\_\_  
Last Name

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First Name

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Credentials

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Specialty

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Telephone

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Email Address

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Business Address

\_\_\_\_\_  
City/State/Zip Code

\_\_\_\_\_  
School

\_\_\_\_\_  
Department

Please check the appropriate box:  Clinical Faculty  Research Faculty  Medical Educator Faculty  
 Resident  Postdoctoral Fellow  Other \_\_\_\_\_  
(Please Specify)

Please select one meal option:  Chicken Entrée  Vegetarian/Vegan Entrée  None

### PAYMENT OPTIONS

If paying with a credit card, please call CME at 915-215-4880.

If paying with a check, please mail to Office of Continuing Medical Education, 5001 El Paso Drive, MSC21005, El Paso, Texas 79905.  
Make check payable to TTUHSC El Paso Office of Continuing Medical Education.