



2020 OEMR SYNAPSE

# ANNUAL REPORT

**OCCUPATIONAL AND  
ENVIRONMENTAL MEDICINE RESIDENCY**

**HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH**



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**SCHOOL OF PUBLIC HEALTH**

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**Stefanos N. Kales**  
MD, MPH, FACP, FACOEM (OEMR '93)

# PROGRAM DIRECTOR'S WELCOME

Welcome to the 2020 Occupational and Environmental Medicine Residency (OEMR) Annual Report, our 13th edition of the OEMR Synapse. We are pleased to review our achievements and celebrate our current residents, 2020 graduates, incoming residents and distinguished alumni.

Closing out 2020, the state of our program continues to be strong. We graduated five outstanding residents, have a current census of ten superb categorical residents and have accepted an exceptional class of four new residents for July 2021.

The program's tradition of excellence continues in faculty and resident activity, secure program funding, our 100% first-time pass-rate by graduates on the ABPM exam since 2013, and various resident awards and other accolades (see page xx).

Of course, 2020 was a year eclipsed by the Coronavirus pandemic. We are proud of the residents' resilience, sacrifices and contributions. Since early March 2020 and for the greater part of the remaining year, the occupational health service at Cambridge Health Alliance (CHA) was completely reconfigured to provide support for CHA's workforce during the pandemic. The residents have provided us with invaluable assistance in making clinical assessments, managing testing and results, return to work evaluations, COVID-19-related research and most recently with our successful vaccination campaign. They have also gained valuable experience at our other clinical sites. On the academic side, classes, Grand Rounds and seminars have continued virtually. While everyone has adapted well, with steadily improving pandemic metrics and many of us fully vaccinated, we are all anxious to return to normalcy.

Though all our residents and faculty are well, we lost several dear friends in 2020: Dr. Chuck Lutton, a retired mentor and preceptor, Dr. Cheryl Barbanel, a former ACOEM President and long-serving RAC member, and Dr. Andrea Farioli, a former post-doctoral fellow and research collaborator. We honor their memories in this report (see page 18). As we were finishing the 2020 Synapse, we received additional sad news about the passing of our beloved benefactor and supporter, Ms. Nyla Medlock, on March 10, 2021. If you have not received my tribute message regarding Nyla, you can read it here on [LinkedIn](#). We plan to organize an in-person symposium this fall to recognize and pay respect to Nyla's many contributions to the program, our careers and the field. We will share the details as they become available.

Thanks to friends, like Nyla, our program remains fiscally sound, and we recognize the financial generosity of our donors which have made it possible to expand and grow our occupational medicine program (see page 20). In these times of uncertainty, tuition costs and expenses continue to grow rapidly. Please consider [supporting our program financially](#) – for example our OM Gift fund allows us to support residents' travel stipends and events such as graduation and the annual reunion at AOHC.

In closing, once again we invite competitive students, residents and mid-career physicians to read our annual report and consider our specialty and the Harvard Chan OM program. To our alumni and friends, we are grateful for all your support to continue this world-renowned program. We again wish everyone the best of health and hope to see you all soon (in person)!

Warm regards,

Stefanos

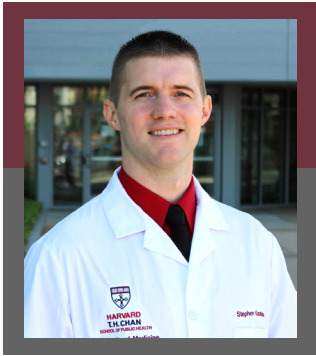




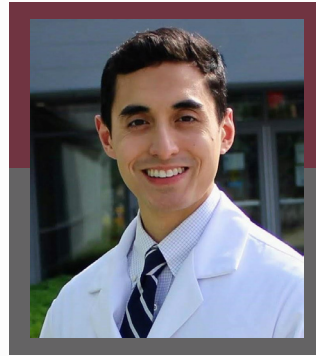
A beautiful sunset and the Boston skyline set the stage as all available residents and staff attended a momentous, though muted graduation celebration for the Class of 2020. From left to right: David Rainey, James Medeiros, Carmen Rodriguez, Shane Joseph, Rich Abitria, Nathan Jones, Alex Jobrack, Stephen Kasteler, Gabe Gaviola, Stefanos Kales, Rob Filler, Chris Scheibler, Guido Guidotti, Glen Cheng, David Sterns, Al Rielly, Jane Buley, and Jeff Vogel.



# CURRENT RESIDENTS



**Stephen D. Kasteler, MD, MPH** (MPH '20, OEMR '21) is the Chief Resident for the 2020-2021 academic year. Having grown up in Salt Lake City, UT, he graduated from the University of Utah with a dual honors degree (HBS) in biology and minors in chemistry and business. After graduation, he joined Teach For America as a charter corps member, setting up the program and teaching high school for two years in Jacksonville, FL. He then joined the US Air Force and went to medical school at the Uniformed Services University of the Health Sciences. He completed a transitional internship at Travis AFB in northern California. Prior to coming to Harvard, he served for 4-years as the flight surgeon for the famed "Hat in the Ring Gang" of the 94th Fighter Squadron—an F-22 squadron based at Langley AFB, VA. He traveled extensively with his squadron and deployed to the United Arab Emirates. During residency, Stephen has worked on improving clinical operations, analyzing sharps injuries across Massachusetts, and evaluating the body's immune response to COVID-19. After graduation, Stephen will be assigned to Lackland Air Force Base, San Antonio, TX, where he will continue to serve in the US Air Force. He has been happily married to Victoria for 14 years and is the proud father of 3 children—Emily, Eleanor, and Thomas. He enjoys skiing, lacrosse, playing the piano, and teaching his kids "tricks."

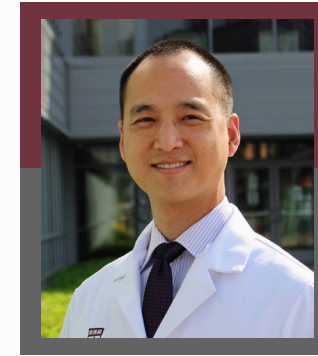


**Gabriel (Gabe) Gaviola, MD, MPH** (OEMR '21) began his career in occupational medicine volunteering as a medical officer in a remote village in India for four years. While studying Vedic philosophy, he transformed a small medication dispensary into a full-service occupational health clinic for laborers and students. Since then, he has served as a medical director at PWNHealth (now Everly Health Solutions), a 50-state provider network enabling consumer-initiated diagnostic testing. His interests are in musculoskeletal injury and disability, chronobiology, and metabolic disease. Gabe holds an MD from Georgetown University School of Medicine and a bachelor's degree in economics from Georgetown University.



**Richard R. Abitria, MD, MPH** (MPH '20, OEMR '21) is a native of San Diego, CA and a graduate of the Uniformed Services University of the Health Sciences medical school in Bethesda, MD. He attended the University of California, Los Angeles (UCLA) with an undergraduate degree in Biochemistry. Dr. Abitria is currently a Lieutenant Commander in the United States Navy and he previously served as a Flight Surgeon for 3 years. Prior to beginning his medical career, LCDR Abitria served as a United States Navy Helicopter pilot flying the SH-60B and MH-60R airframes. He completed multiple deployments in the Eastern Pacific Ocean, Caribbean Sea, Gulf of Oman and Persian Gulf. His time as a pilot and as a flight surgeon provide a backdrop for his interest in occupational medicine specifically aerospace physiologic stresses as well as military musculoskeletal workplace injuries. His previous leadership roles include 2015-2016 Naval Medical Center San Diego Intern Class president, 3RD Marine Air Wing Deputy Wing Surgeon, Branch Medical Clinic Miramar Deputy Senior Medical Officer. After residency, Rich will be assigned to Naval Submarine Base Kings Bay, GA where he will continue his naval service. He enjoys spending time with his wife, Janet, and five children; Reina, Ronin, Rhiannon, Rory and Ryxon, as well as playing/writing music for the guitar, half marathon races and intramural basketball and flag football.

## SECOND YEAR RESIDENTS



**Glen Cheng, MD, JD, MPH** (MPH '20, OEMR '21) is a native of Ridgewood, NJ, and a graduate of the joint MD/JD program at Rutgers New Jersey Medical School and Rutgers Law School. Prior to residency, he worked for 8 years as an attorney, litigating patents on behalf of biopharma companies and serving as regulatory counsel at FDA's Center for Drug Evaluation & Research. Glen's interests in medical innovation and health policy led him to the specialty of occupational medicine. As a resident physician, he has engaged in research on Covid-19 epidemiology and has consulted on several occupational medicine engagements with the Occupational and Environmental Health Network. He also works part-time as consultant at bioinformatics startup nference, assisting with health systems partnerships and intellectual property protection. After graduating residency, Glen will continue his federal service as Chief of Occupational Medicine at the VA Pittsburgh Healthcare System, where he plans to continue implementing workplace health innovations. Glen and his lovely wife, Ju Lee, have a 5-year old daughter named Gloria. In his free time, Glen enjoys rock climbing and hiking.

# CURRENT RESIDENTS

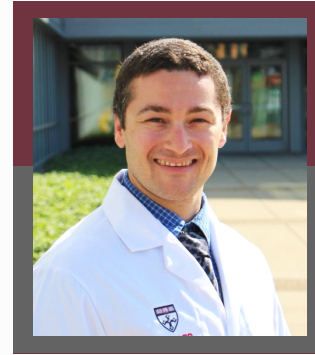
## FIRST YEAR RESIDENTS



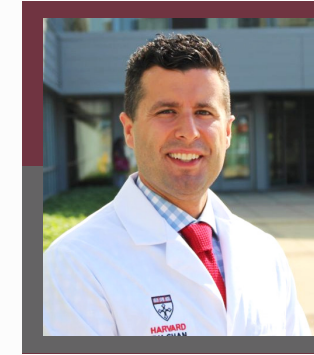
**Guido Guidotti, MD** (MPH '21, OEMR '22) graduated from Harvard College with honors and Harvard Medical School with coursework completed at the honor's level. He then completed an internship in pediatrics at Massachusetts General Hospital. Following internship, he left clinical medicine and began a 12-year career in healthcare management consulting. Specifically, Dr. Guidotti has healthcare consulting experience in the provider and life sciences space with functional specialization in healthcare strategy design & implementation, operations, financial due diligence, strategic initiatives, and new product evaluations. In 2018, he returned to clinical medicine as an occupational medicine specialist, helping injured federal workers receive federal workers' compensation benefits. He lives in Watertown, MA with his wife (a child psychiatrist) and his 16-year-old son.



**Shane Joseph, MD** (MPH '21, OEMR '22) was born and raised in south San Francisco, CA. He has undergraduate degrees in Psychobiology and Biochemistry for the University of California, Los Angeles and San Francisco State University, respectively. He earned his medical degree from the Uniformed Services University after accepting a commission into the U.S. Navy. Following completion of his medical degree, Dr. Joseph completed an internship in General Surgery at Naval Medical Center San Diego. Following his internship, Dr. Joseph went to serve as a General Medical Officer among a variety of operational military units within the Department of Navy. Earning the rank of Lieutenant Commander, he has participated in multiple military deployments, both combat and non-combat, to different theaters of engagement prior to matriculating to Boston. Besides his military work, Dr. Joseph has served as the medical director to several medication-assisted treatment facilities treating patients with opioid use disorders.



**Alexander Jobrack, DO** (MPH '21, OEMR '22) is a native of Northern California. He graduated medical school from Midwestern University's Arizona College of Osteopathic Medicine in Glendale, AZ. After graduation, he completed an internship in General Surgery at Keesler Medical Center, Keesler AFB, MS. Following his internship, he was selected for a competitive research fellowship in which he studied wound healing where he eventually developed a wound care device, which was patented in 2018. At the completion of his research year, Alex decided to leave General Surgery and pursue Flight Medicine. He served as a Flight Surgeon on the C-17 airframe with the 62 Airwing at Joint Base Lewis-McChord in Washington State for 2.5 years. As a Flight Surgeon, Alex had the opportunity to lead as a temporary Surgeon General of Preventative Medicine, a co-lead Competent Medical Authority for medical monitoring of members on nuclear duties in the Air Force, heading the absorption of security forces into Flight Medicine, and chairing the Occupational and Environmental Working Group at McChord Air Base. Alex has been happily married to Valerie for 8 years and has two children: Emily (5 years old) and Adrian (2 years old) as well as a Boxer named Diesel. He enjoys spending time with his family, cycling, exercising, and going on hikes in nature.



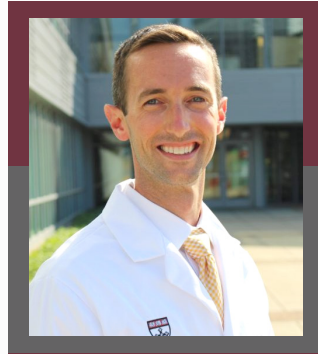
**James M. Medeiros, DO** (MPH '21, OEMR '22) is a native New Englander who grew up in Fall River MA and attended Durfee High School. After graduating from James Madison University in VA, he entered medical school at Philadelphia College of Osteopathic Medicine on a US Air Force (USAF) health professional scholarship. James went on to complete St. Luke's Hospital Bethlehem PA internal medicine transitional year in 2012. Following internship, he served 8 years as a Flight Surgeon in the USAF achieving the rank of Major with an initial assignment to Robins AFB GA then Osan AB S. Korea and lastly Hanscom AFB in Bedford MA. While at Hanscom, James took on a senior leadership role as the Chief of Aerospace Medicine where he oversaw an array of responsibilities to include medical management of special duty service members (pilots, aircrew, security forces) and occupational health for a 7-state region. He was accountable for numerous programs, maximizing human performance factors, mitigating risk and chairing several working groups and committees. Additionally, James was tasked as the Public Health Emergency Officer for the installation which proved to be a critical role during the initial response to the unprecedented COVID-19 pandemic in 2020. James distinguished himself by coordinating a multi-agency effort, expertly advising the base commander and taking early decisive action to successfully protect the mission and populace. His time as a Flight Surgeon sparked a passion for occupational medicine and the pursuit of formalized residency training in the career field at Harvard. On a personal note he enjoys the outdoors, backpacking, gardening, recreational sports and spending time with family.

# CURRENT RESIDENTS

## FIRST YEAR RESIDENTS



**Samuel Ko, MD** (MPH '21, OEMR '22) grew up in Hudson, Wisconsin. He attended undergraduate studies at University of Wisconsin in Madison. He continued to the University of Wisconsin School of Medicine under the Navy Health Profession Scholarship Program. Starting Active Duty, he completed a Transitional Year internship at Naval Medical Center San Diego. Following completion of training as a Naval Flight Surgeon, he completed 3 tours with different units ranging from Marines, Carrier-based, Tactical Jet Aircraft and Rotary Wing. In addition to Occupational Medicine, he is pursuing his interests in Aerospace Medicine and Wilderness Medicine. He lives with his wife Susie and newborn daughter.



**J. David Sterns, MD** (MPH '21, OEMR '22) is from Nashville, TN, and completed his undergraduate studies in Biochemistry at Lee University prior to his medical training at Georgetown University School of Medicine in Washington, DC. As a United States Navy medical officer, he went on to complete his internship in Pediatrics at Naval Medical Center San Diego and was selected for Naval Flight Surgeon training and designation in Pensacola, FL. He first developed an interest in Occupational and Environmental Medicine during his tour with Marine Unmanned Aerial Vehicle Squadron 2 of the 2nd Marine Aircraft Wing at Cherry Point, NC, and hopes to continue advocating for the safety and welfare of active duty servicemembers after his completion of residency. David loves spending quality time exploring New England with his beautiful wife and daughter and enjoys all things outdoors.





# 2020 GRADUATES



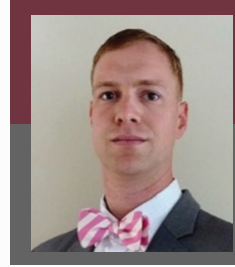
**Christopher Scheibler, MD, MPH** (OEMR '20) earned his undergraduate degree in Mathematics from Baylor University and his medical degree from the Uniformed Services University. Dr. Scheibler is a Lieutenant Colonel and Senior Flight Surgeon in the United States Air Force, and prior to his time at Harvard worked as a Flight Surgeon at several bases across the world including duties as the team physician for the Air Force Thunderbirds, and Executive Officer and Medical Inspector for the Air Force Inspection Agency. While at Harvard, he served as Chief Resident and was

involved in research projects evaluating occupational hazards in firefighters, healthcare workers and commercial aircrew. During residency Dr. Scheibler also conducted research with NASA evaluating medical resource planning for future Orion spacecraft missions. Since graduating he has published articles on the health effects of fire academy training in new recruits and COVID-19 risk associated with air travel. Dr. Scheibler is currently the Chief of Occupational Medicine and Director of the Flight and Operational Medicine Clinic at Joint-Base Elmendorf Richardson in Anchorage, Alaska where he is also collaborating on a training and research platform aimed at developing concepts for Arctic medical care performed in the below zero environment. He has continued work on projects evaluating cosmic radiation health effects and DNA damage in aircrew, and is starting a new study investigating ergonomic hazards associated with the maintenance of 5th generation fighter aircraft. In addition to these projects Dr. Scheibler also continues to serve as a collaborator on the Harvard Flight Attendant Health Study, *Frontiers* journal editor on Aerospace Health, and has joined a committee addressing research on spaceflight participant health risks associated with the commercialization of space.



**Michael A. Parenteau, MD, JD, MPH** (OEMR '20) is a native of California who graduated from Southern Illinois University earning both his MD and JD. He attended University of California, Los Angeles (UCLA) where he majored in Psychobiology and minored in Education Studies. He was previously a Judicial Fellow for the Judicial Council of California focusing on court administration, policy making, program analysis, development, and implementation. He completed an internship in General Surgery at Naval Medical Center San Diego and subsequently served 4 years as an Undersea Medical

Officer in the U. S. Navy. Michael graduated with a Master of Public Health from Harvard in Occupational Health with an added concentration in Interdisciplinary Public Health Leadership. His areas of focus for research have been in medicolegal aspects of sleep and transportation safety, substance abuse in commercial drivers, and protecting workers from infectious diseases in the workplace. After graduation, Michael has continued his service to the US Navy as an occupational medicine physician at US Naval Hospital Naples, Italy. He is currently the Public Health Emergency Officer to the Admiral overseeing the COVID-19 response for all US Navy installations in Europe, Africa, and Central Asia. He has also developed programs to safely restore international travel and reopen schools for in-person learning at the Department of Defense Education Activity (DoDEA) during the COVID-19 pandemic. In addition to being a loving husband and proud father, he is also an avid outdoor enthusiast who enjoys running, bicycling, and skiing.

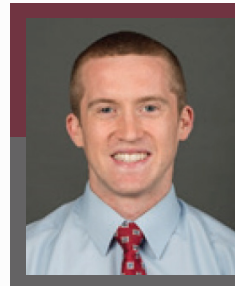


**Rob Filler, MD, MPH, MBA** (OEMR '20) calls Richmond, VA home having attended Virginia Commonwealth University for an undergraduate degree in Biomedical Engineering and Medical School. During Medical School he joined the US Navy and completed a General Surgery internship at Naval Medical Center San Diego and went on to complete Flight Surgery Training in Pensacola, FL. As a decorated Navy flight surgeon, he has logged flight time in the CH-46, AH-1, UH-1, MV-22, CH-53, C-12, C-130, F-16B and F-18D aircraft. He ran medical departments recognized for excellence and deployed to the Middle East and Asia with the Marine Corps during his 6 years of service. Before leaving the Navy he completed an MBA through West Texas A&M University. His research interests involve human performance, cardiovascular risk prediction and organizational efficiency. He recently completed an elective rotation at the World Health Organization looking at worker vaccination recommendations. After residency, Rob relocated to southeastern

Pennsylvania to take a job at Reading Hospital--part of the Tower Health hospital system--as the staff occupational medicine physician. He has been working in medical center occupational health and also serves as a part time consultant to the World Health Organization Methods and Standards Team (MST) within Quality Assurance, Norms and Standards (QNS). During the lull of an unusually quiet flu season, he studied for, took and passed the occupational medicine board exam. Outside of work, he continues to keep a 1989 Lincoln Town Car running and intermittently bikes an increasingly heavy set of twins to school--a skill he honed in residency as his personal trademark.



**Hussam Kurdi, MD, MPH** (OEMR '20) is from Saudi Arabia and a graduate of King Abdulaziz University Medical School. He completed an internal medicine residency at Connecticut Institute for Communities/Danbury Hospital and is ABIM-certified in internal medicine. Hussam received the "best PGY-3 resident of the year" in his residency and "young achievers" awards from the American College of Physicians for his poster nomination. While at Harvard, Hussam worked on nanoparticle exposure research with international collaborators. After graduation, Hussam moved to Phenix City, AL, where he is now the head of the adult medicine department at an underserved rural clinic. He is also a clinical instructor at The Edward Via College of Osteopathic Medicine in Auburn and is starting a new occupational medicine practice.



**Nathan Jones, MD, MPH** (OEMR '20) is originally from Oneonta, NY. He attended Brigham Young University for his undergraduate studies, where he earned a BS in Molecular Biology cum laude in 2013. Nathan also commissioned as an officer in the U.S. Air Force the same year. He earned his MD from the State University of New York (SUNY) Upstate Medical University in 2017, where he did a senior elective at CHA in occupational medicine. He then completed a Transitional Year internship at Kettering Medical Center in 2018, and immediately entered Harvard's OEMR. During his time in residency, Nathan was awarded the Harvard Rose Service Learning Fellowship Award for his ongoing research of public transit worker health, and served as the Teaching Fellow for a new graduate course at the Harvard School of Public Health: Occupational Safety and Ergonomics. He was selected by the HarvardX initiative to develop and present an interactive workshop on occupational health and safety for local businesses. Nathan is active in ACOEM, serving on both the Membership Committee and an ACOEM Presidential Task Force on the Future OEM Workforce. He is currently engaged in research on the implementation of digital mental health programs in

occupational settings. Following graduation, Nathan was assigned as an Air Force occupational medicine physician at Robins Air Force Base, GA. The OEM clinic services >21K base employees and provides a range of medical services. He is also the OM liaison to the new hire onboarding process for the base and the primary OM physician for the federal fire department. In addition to his work responsibilities, Nathan also enjoys volunteering with his church's youth group, and spending time with his wife and four children.



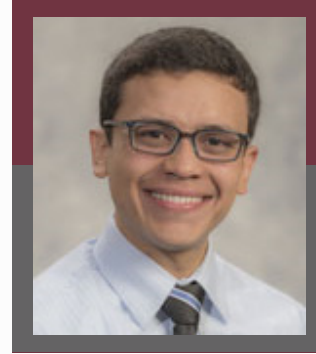
# 2021 INCOMING RESIDENTS



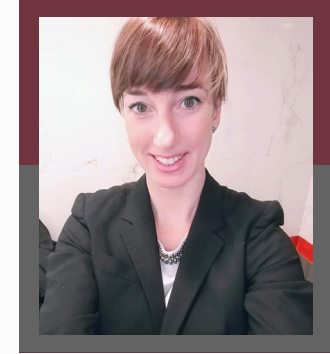
**Joseph Abrams, DO** (MPH '22, OEMR '23) was born and raised in Liberty Lake, WA, enjoying outdoor adventure and sports of all varieties. Prior to medical school he was employed as a graphic designer, landscape installer, door-to-door salesman, gym manager, and personal training business owner. His education took him to Brigham Young University in Provo UT (BS Exercise Science), Western University in Pomona CA (Doctor of Osteopathy) and finally to Valley Medical Center, Las Vegas NV (Traditional Rotating Internship). His growing family includes his wife Cristin and son Jonas (1). Dr. Abrams served as a Flight Surgeon in the US Air Force and was stationed in Texas, Korea and Germany. He was embedded with C130J and Intel units. He has deployed to Afghanistan (2), Poland, Senegal and Morocco. His military career has included opportunities to 1) head a project that developed an automated strength and conditioning app to all US Airmen throughout Europe and Africa, 2) redefine the model of healthcare delivery to Airmen at the largest base outside the US, and 3) build clinics within operational spaces. His passions include human performance optimization, problem solving with current/available resources and process improvement.



**Kevan Lutchman, MD** (MPH '22, OEMR '23) was born in Trinidad and Tobago and grew up in Canada. He eventually immigrated to the United States with his family in 2011, where he settled in Texas. He obtained a BS in Biology from the University of Texas at Dallas, and subsequently obtained his MD at UT Southwestern Medical Center in Dallas. He completed his family medicine residency training at John Peter Smith Health Network in Fort Worth, TX where he was able to take an active role in the network's employee health service. Through his medical journey Kevan has also been involved in the promotion of occupational health and safety in a variety of industries, through working with his father's company. His goal is to improve the medical literacy and well-being of workforces to reduce the incidence of occupational ailments. In his spare time, he enjoys hiking, amateur photography, basketball and spending time with his family.



**Jose Villa-Uribe, MD** (MPH '22, OEMR '23) Jose hails from Colombia by way of Texas. He earned an S.B. in Chemistry from the Massachusetts Institute of Technology, an M.D. from Weill Cornell Medical College. Jose then trained in Emergency Medicine at the Tufts/Baystate Medical Center EM residency in Springfield, MA. Upon completion of his EM training, he has worked as a clinician and Center Medical Director for Concentra, where he developed his interest in Occupational Medicine. Outside of work, he enjoys reading speculative fiction, traveling, and spending time with his wife and children.



**Rachael Zacks, MD** (MPH '22, OEMR '23) is an internal medicine physician who recently completed the two-year Epidemic Intelligence Service Fellowship at the Centers for Disease Control and Prevention. She was based in the Emergency Response and Recovery Branch and spent her time deploying to international humanitarian disasters around the world, working with refugee and disadvantaged populations and a variety of COVID-19 projects in vaccination, symptom characterization, and seroprevalence studies here at home. Her previous education includes a B.A. in Ecology and Evolutionary Biology from the University of Colorado-Boulder, an MD from Wright State Boonshoft School of Medicine in Dayton, OH and certificates in global health and wilderness medicine during her internal medicine residency at Brown. When she's not working you can find her hiking, taking photographs on random adventures, horseback riding or scribbling furiously in her journal. She's excited to join the Occupational Medicine residency and learn from the innovative team at Harvard.

# FROM THE CHIEF RESIDENT

Twenty-twenty will definitely go down in history as a remarkable year for the Harvard OEM residency. On one hand, it was tragic and heart-breaking, but it was also invigorating. As the COVID-19 pandemic emerged, workplace safety was quickly brought to the forefront of social consciousness, which highlighted the critical need for our specialty. The pandemic also upended many of our normal residency operations and required resourceful adaptation from everyone. I'm very proud of how the residents and faculty rose up to meet the moment.

One of the unforeseen hurdles was the transition of all MPH courses to Zoom. While travel to the School of Public Health was no longer necessary—a convenience for some residents—that also meant physical isolation and the loss of regular close association with our peers and teachers. Still, we remained digitally connected through the MPH coursework, “Brady Bunch”-style Zoom sessions, and weekly Grand Rounds, Research Seminars, and Board Review. The CHA Occupational Health Clinic also served as the hub for masked resident interactions as senior residents and first years were called upon to lead the charge against the spread of COVID-19.

And while clinical rotations and routines were disrupted, the pandemic also brought unique opportunities. Quality improvement projects were undertaken, new research was initiated and published, and unanticipated journeys were embarked upon. As you can see from our collection of pictures, the world kept turning, the seasons still changed, and we all still found ways to smile through our masks.

The residency also didn't let up on our determination to produce knowledgeable, competent, and compassionate occupational medicine physicians. We have refined our weekly board review to improve coverage of all major topics on the specialty portion of the board exams. Our alumni and faculty continued to mentor us and provide excellent seminars on travel medicine, infectious diseases, occupational exposures, causation, historical perspectives, and contemporary developments in medicine.

This year has proven to be another tremendous year for recruitment. We are thrilled to welcome four new residents with diverse backgrounds (see page 9). I look forward to seeing the fresh perspectives and ideas that these new residents bring to the program.

I would also like to recognize the tireless efforts of all of the individuals who support the residency, from Carmen “Annie” Rodriguez, Ann Backus, the site coordinators, clinical preceptors, nurses, technicians, administrative assistants, and academic faculty. Finally, I'd like to thank Dr. Kales and Dr. Rainey for their leadership and thoughtful deliberations as we navigated the challenges of 2020. While the usual pomp and grandeur of a Harvard graduation were removed, it was a reminder that the people make the program—a truth which gives me great faith in our future as leaders in occupational medicine.

Cheers,

Steve



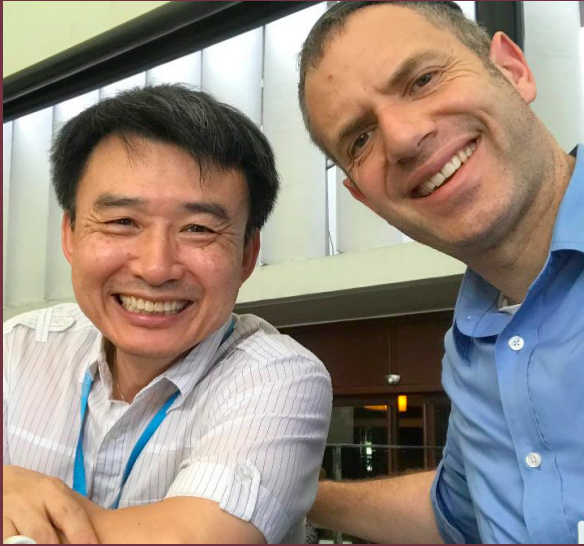


# IN THE TIME OF COVID QUARANTINE





# ALUMNI SPOTLIGHTS



## Dr. Eric Amster with Dr. Rohko Kim

### *My Sabbatical with the World Health Organization thanks to Harvard alumni connections*

This past academic year I had the good fortune of having a sabbatical from my duties at the University of Haifa, Israel where I head the Department of Occupational and Environmental Health. Thanks to my time at the Harvard OEM residency and being a member of the alumni community, I was able to arrange my sabbatical at the WHO.

It is not easy planning a sabbatical, but I have always been fascinated by Asia, and thus, I knew the destination would be the far east. With one quick email to Dr. Christiani inquiring if he knew of a leader in occupational and environmental public health in Asia, he set the wheels in motion for me to spend my sabbatical at the WHO Western Pacific Regional Office (WPRO) with Dr. Rokho Kim, a past graduate of the Harvard OEM residency and former adjunct faculty member in the program. At the time Rokho was coordinator for occupational and environmental health in WPRO, headquartered in Manila and representing 34 countries and 1.4 billion people. Rokho graciously welcomed me to spend my sabbatical with his team at the WHO regional headquarters and gave me several varied projects to work on, ranging from CO poisoning in Mongolia, e-waste in Vietnam, occupational health in China and air pollution throughout the entire region. My goals for the sabbatical were to learn about the WHO's work in Asia, contribute meaningfully to a few specific projects, and travel around the region.

And then COVID-19 came. The first change was in our travel itinerary. My wife, our 5 children and I had planned to travel around China in January before I started at the WHO. After a last-minute change in flights we rerouted through Thailand before arriving in the Philippines. While it is never easy traveling with 5 children, dodging the pandemic and travel closures makes it even more interesting. After 24 hours of travel, we were greeted at the Manila airport with a large WHO minibus to take us to our rented apartment. I think for my children the WHO bus was one of the highlights of the entire trip.

A few hours of Manila traffic later I arrived at the WHO office, a beautiful oasis in the middle of a 20-million-person metro area. Unfortunately, my time working with Rokho would be short as a few weeks after my arrival he transferred to HQ in Geneva to his current position as Unit Head of the Methods and Standards Team. It was a quick learning curve for me trying to understand how the WHO works to improve the health of workers throughout Asia. Through the process I met many dedicated public health professionals and learned dozens of esoteric acronyms.

My original plan for 6 months sabbatical at the WHO and 3 months of travel with my family came to a quick end when in late March the Filipino government issued a far-reaching lock down order. Within 30 hours we were packed up and, on our way home to Israel, just hours before the country went into a 4-month lockdown with almost no international travel. I continued to work with WHO WPRO remotely for the duration of my sabbatical including organizing a webinar with the Chinese CDC, helping to finalize a report on regional air pollution, coordinating with country offices on protecting workers from COVID-19, and participating in a joint WHO-ILO task force. Towards the end of the sabbatical, I was offered to continue working with the WHO as a consultant in occupational health at the WHO headquarters. I am currently working with various teams throughout the WHO to develop tools, educational materials, and policies to help protect workers around the world during the pandemic. The work continues to be challenging, interesting and a constant learning experience.

Thank you again to Dr. Christiani for connecting me with another Harvard OEM alum who graciously welcomed me to the WHO.



# ALUMNI SPOTLIGHTS



**Dr. Deb Barbeau, MD, PhD, MSPH**

Dr. Barbeau was the chief resident of the Harvard Chan OEM residency from 2015-2016. After graduation she joined the Occupational and Environmental Health Network (OEHN), where she has proven herself an invaluable asset to clinical operations of multiple prominent organizations, including Beth Israel-Lahey Health, and Boston Children's Hospital. With her impressive credentials--holding an MD, PhD, and MSPH--and background as a dual-boarded infectious disease and occupational medicine physician, she is uniquely qualified to meet the challenges of the COVID-19 pandemic. The tongue-in-cheek sign in her office proclaims her "dangerously overeducated." While her academic prowess is significant, she puts it all into her practice. She uses her incredible skill set to the improvement of her patients' health and the protection of employees in the workplace. As a medical director, she is involved in the toughest patient cases, helps organizations answer difficult clinical and legal questions, develops sound health policies, and ensures that employers are creating a safe working environment for their employees. She is also a very engaging clinical teacher. At OEHN, she helps residents understand the nuances of being a medical director--tasked with overseeing clinical operations while keeping a wide aperture to address larger organizational challenges. Additionally, she keeps balance in her personal life, with two rambunctious young boys who often keep her guessing. The Harvard OEM residency is lucky to have Dr. Barbeau as both an alumna and current clinical faculty!



# SPECIAL RECOGNITION AND PROGRAM UPDATES

During 2020, the program continued to evolve. Aside from the adjustments necessitated by the COVID-19 pandemic, we added a formal orthopedics component to the established rotation at Cambridge Health Alliance, where residents now spend one day per week working with Dr. Jason Freedman, MD - a respected sports medicine/ orthopedic specialist and excellent clinical teacher. This was an important addition to the program as the New England Baptist Hospital Occupational Health clinic recently closed, where residents had previously enjoyed diverse orthopedic experience. Working with Dr. Freedman also introduces residents to several procedural skills (e.g. joint injections) typically not done on the other occupational rotations. In 2020, residents continued to solidify the renewed Gillette/Proctor and Gamble and new Veterans Affairs (VA) rotations. Two of our alumna, Drs. Christine David and Elizabeth Kwo, joined the residency advisory committee (RAC), and our website received a facelift with the expert assistance of Dr. Gabe Gaviola. On another note, 2020 was Dr. Al Rielly's last year at CHA. He was a well-liked member of the clinical faculty and will be missed. Al is a graduate of the program and won the clinical teacher of the year several times. He was known for his encyclopedic knowledge and appreciated for his clinical service at both CHA and MGH. We wish Al all the best and great success in his new position as the medical director for Brookhaven National Laboratory in NY.





# RESIDENT RECOGNITION

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On February 20th, one of our second year residents, Dr. Glen Cheng was featured by the Harvard School of Public Health News in the MPH Student Getting to Know section. In this [article](#) Glen speaks about his path from MD/JD training to the Harvard Chan School of Public Health Occupational and Environmental Medicine Residency Program, and how his past and current course of study are shaping his future plans.

## RECENT ALUMNI AND RESIDENT PUBLICATIONS

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Kasteler SD, Scheibler C, Backus A. To Your Health: Pay Attention to Wounds at Sea. Landings. 2020; 28(3):23.

Lan FY, Filler R, Mathew S, Buley J, Iliaki E, Bruno-Murtha LA, Osgood R, Christophi CA, Fernandez-Montero A, Kales SN. COVID-19 Symptoms Predictive of Healthcare Workers' SARS-CoV-2 PCR Results. PLoS One. 2020; 15(6): e0235460.

Lan FY, Fernandez-Montero A, Yiannakou I, Marinou-Iatrides O, Ankeny JT, Kiser J, Christophi CA, Christiani DC, Sotos-Prieto M, Kales SN. A Mediterranean lifestyle is associated with lower hypertension prevalence and better aerobic capacity among New England firefighter recruits. J Occup Environ Med. 2020; 62(7): 446-471.

Alahmad B, Kurdi S, Colonna K, Gasana J, Agnew J, Fox MA. COVID-19 stressors on migrant workers in Kuwait: cumulative risk considerations. BMJ Global Health 2020; 5(7): e002995.

Wilcox C, Yang J, Filler R, Chen PH, Hyun YJ, Rielly A, Kales SN. Sleep Apnea Screening for Commercial Drivers: A Retrospective Comparison of the 2016 FMCSA MRB Recommendations and the 2006 Joint Task Force Consensus Guidelines. J Occup Environ Med. 2020; 62(8): e442-448.

Jones N, McDonnell M, Sparer-Fine E, Rosner B, Dennerlein J, Kales S, Messerlian C. Associations Between the Breakroom Built Environment, Worker Health Habits, and Worker Health Outcomes: A Pilot Study Among Public Transit Rail Operators. J Occup Environ Med. 2020; 62(8): e398-3406.

Lan F, Yiannakou I, Scheibler C, Hershey M, Cabrera J, Gaviola G, Fernandez-Montero A, Christophi C, Christiani D, Sotos-Prieto M, Kales SN. The Effects of Fire Academy Training and Probationary Firefighter Status on Select Basic Health and Fitness Measurements. Med Sci Sports Exerc, 6 Oct 2020.

Kasteler SD, Backus A. To Your Health: Diabetes, A Silent Killer. Landings. 2020; 28(10):23.

Toprani S, Scheibler C, Nagel Z. Interplay Between Air Travel, Genome Integrity, and COVID-19 Risk vis-à-vis Flight Crew. Front Public Health, 18 December 2020.

Cheng, G., Chennuru, N., Kwo L., Evaluating the Clinical Effectiveness, Safety, and Cost-Effectiveness of Musculoskeletal Digital Health Solutions, in ENVIRONMENTAL HEALTH (Takemi Otsuki, ed., IntechOpen 2020)

Winters, T., Cheng, G. Novel Therapeutic Agents, in EDUCATION AND RESEARCH INSTITUTION OCCUPATIONAL HEALTH (Phil Harber et al., eds., OEM Health 2020)

# OUTSTANDING CLINICAL AND ACADEMIC TEACHING AWARDS

Each year, OEMR residents elect one clinical preceptor from their clinical rotations and one faculty instructor from their Masters in Public Health courses who have had an especially meaningful impact on their training and education to receive awards of recognition. In 2020, residents also recognized a member of the clinical support staff at Cambridge Health Alliance Occupational Health Clinic for her outstanding assistance to our residents.



**Tom Winters, MD, MPH**  
received the 2020 Outstanding Clinical Faculty Award



**Carolyn Langer, MD, JD, MPH**  
(OEMR '80) received the 2020 Outstanding Academic Faculty Award



**Christina Murphy, RN**  
received the 2020 Outstanding Clinical Support Staff Award

Thank you all so much for your support of the program and the personal attention you give to the education of our residents!



# AOHC AND NECOEM - 2020

## AOHC

The 2020 American College of Occupational and Environmental Medicine (ACOEM) American Occupational Health Conference (AOHC) was scheduled to be held in Washington, DC; however, due to the COVID-19 pandemic, the conference was cancelled.



## NECOEM

With the COVID-19 pandemic continuing across the US, this year's New England College of Environmental and Occupational Medicine (NECOEM) conference was held virtually. Despite the virtual nature of the conference, more participants registered for the 2020 conference than in recent years. Among the presenters, a few of Harvard affiliated faculty had presentations including, Dr. Ashish Jha, Director of Global Health, Dr. David Christiani, Director of Occupational and Environmental Medicine, and Dr. Paul Biddinger, Director of the Center for Disaster Medicine. The prestigious Harriet Hardy Award was presented to our good friend and trusted colleague Dr. Carrie Redlich, Director of Occupational and Environmental Health at Yale University. Our OEM senior residents were able to give the below mentioned oral presentations as well. CONGRATULATIONS to NECOEM for a well received and successful virtual conference.

### Oral Presentations:

**Richard Abitria, MD, MPH**

Military Airborne Hazard Exposure Consequences During the Time of COVID-19

**Gabe Gaviola, MD, MPH**

Improving Physician Awareness & Adoption of Digital Therapeutics

**Glen Cheng, MD, JD, MPH**

AI Diagnostic/Therapeutic Tools & Physician Liability

**Stephen Kasteler, MD, MPH**

What's going on around here?! A Look at Operations in a Community Occupational Health Clinic



# IN MEMORIAM

This past year the Occupational and Environmental Medicine family lost outstanding contributors to our field and program. We honor them here.



## CHARLES E. LUTTON, MD

On July 12, 2020, we lost Dr Charles E. Lutton who had served for many years as a practicum preceptor for Harvard occupational medicine residents at the New England Power Company. Dr. Lutton was a graduate of Washington & Jefferson College (BS), and the Jefferson Medical College (MD,PhD). He completed Internal Medicine training in San Antonio at Brooke Army Hospital and Occupational Medicine training at the Boston University School of Public Health. Dr. Lutton was board-certified in both Internal Medicine (ABIM) and Occupational Medicine (ABPM) and was a Fellow of the American College of Occupational and Environmental Medicine. In the military, Dr. Lutton served as the Director of Experimental Pathology at the Army Research Institute of Environmental Medicine in Natick, MA. He transitioned to private practice Internal Medicine for 13 years before moving into our field. Until retirement, he served as a Medical Director for several large utilities and as an Occupational Medicine consultant. Dr. Lutton was a visiting lecturer and preceptor in Occupational Medicine at the Harvard School Public Health. He served as a member of the Health Care Services Board of the Massachusetts Department of Industrial Accidents and played various roles with the New England College Occupational and Environmental Medicine. Dr. Kales remembers Dr. Lutton as superb and wise mentor who taught him many valuable lessons regarding the practice of occupational medicine within complex organizations, as well as a kind doctor and gentleman with an excellent bedside manner (Adapted from the Milford Daily News -July 15, 2020)



## CHERYL BARBANEL-MILLER, MD

Our program lost a good friend and colleague, Dr. Cheryl Barbanel, who died after a long illness on September 1, 2002. Dr. Cheryl Barbanel, MD, MBA, MPH, FACOEM, FACP was a leader in occupational medicine who served for many years as a member of the Harvard Occupational Medicine program's Residency Advisory Committee. Dr. Barbanel graduated from the State University of New York in Buffalo, Cum Lauda, and went on to receive her M.D. from New York University in 1976. She later received her MBA and MPH from Boston University in 1992. Dr. Barbanel was an associate professor of medicine at Boston University School of Medicine, where she was the director of Boston University Occupational Health Center and the Director of Boston University Medical Center Occupational and Environmental Medicine. Dr. Barbanel was a Fellow of The American College of Occupational and Environmental Medicine and served as ACOEM's president from 2005-2006, as well as on the American Board of Preventive Medicine's the board of directors from 1998-2007. Dr. Barbanel enjoyed wide recognition regionally and nationally for her work in occupational medicine as well as her mentorship and encouragement of other women to pursue leadership roles in medicine. (Adapted from the Boston Globe Sept 2, 2020)



## ANDREA FARIOLI, MD

Our friend and colleague, Dr. Andrea Farioli, passed unexpectedly at this home in Bologna, Italy on April 18, 2020. A graduate of the University of Bologna, Dr. Farioli came to our program as a Harvard Chan Visiting Scientist from 2013-2016. Within Dr. Kales' group, Andrea was admired a superb scientist and data analyst who could transform complex raw numbers into refined, manuscript-ready tables in several hours. His too-short collaboration with the Kales group produced over a dozen peer-reviewed publications. Returning to Bologna, Andrea had reached the position of Assistant Professor in the Department of Medical and Surgical Sciences. Andrea's short, but brilliant career led him to many international collaborations and high-impact publications. His Italian colleagues describe his commitment during the COVID-19 emergency as "ceaseless, mirroring his community spirit and complete dedication to medicine", which likely contributed to his unexpected death during the worst phase of the pandemic. Prior to his passing, Dr. Farioli was occupied with numerous projects in epidemiology and occupational medicine, and of course, the epidemiology of the COVID-19 pandemic. His colleagues will remember him for his active and tireless presence during the pandemic because he considered it his duty to guide the younger doctors. (Adapted from Il Messagero, April 20, 2020 and Scandinavian Journal of Public Health, 2021; 49: 123).



A Memorial Symposium Honoring  
Nyla Medlock &  
Her Contributions to the Field

Fall 2021  
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Nyla Medlock  
1955-2021

# DONOR RECOGNITION

This list reflects donations to the HSPH OEMR for the 2020 Calendar Year.

## \$5000 AND ABOVE

- Dr. Sam Forman

## \$1,000 - \$2,500

- Dr. Stefanos and Mrs. Ana Kales
- Everest Foundation

## UP TO \$750

- Dr. Eric Amster

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Please make a note that your gift is for the HPSH OEMR Program (Nyla Medlock Endowed Fund or the OEMR Gift Fund) or you can complete the following section and enclose it with your payment. Please contact **Mr. John Yong** at [jyong@hsph.harvard.edu](mailto:jyong@hsph.harvard.edu) or 617-432-2219 for assistance.

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**Mr. John Young**

Environmental Health

Harvard School of Public Health

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Boston, MA 02115



## We want to hear from you!

Did you relocate and accept a new position? Have you been promoted? Do you have family or other news that you would like to share? Let OEMR and your colleagues know what you are up to and stay connected by emailing: [crodriguez@hsph.harvard.edu](mailto:crodriguez@hsph.harvard.edu)





Best wishes to the OEM Residents and Graduates at Harvard School of Public Health

Thomas H. Winters, MD, FACOEM, FACPM  
Lee Okurowski, MD, MPH, MBA  
Deborah N. Barbeau, MD, PhD, MSPH  
and Team

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