

# 2015



## President's Report to the Board of Regents



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TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER



Tedd L. Mitchell, M.D.  
President

December 2015



# Health Sciences Center sees increase in student numbers

**Kristen Barton, Daily Toreador, October 6, 2015**

The preliminary enrollment numbers for the Texas Tech University Health Sciences Center for the 2015 school year showed record growth.

This year, there was a 21-student increase in the Graduate School of Biomedical Sciences enrollment, according to a HSC news release. The HSC continues to offer classes on other campuses and online.

HSC President Dr. Tedd L. Mitchell said in the release this enrollment increase also shows the expansion of campuses in the Dallas and Austin areas.

“TTUHSC consistently sees significant growth, drawing the best students because of our distinctive, innovative learning experience and a chance to learn from and work with outstanding faculty,” Mitchell said in the release. “By preparing students who excel and lead in their respective

fields, TTUHSC has made a big difference in Texas, and Texas has taken note of TTUHSC.”

Rial Rolfe, executive vice president of academic affairs, said in the release this growth shows the HSC offers the highest quality of education.

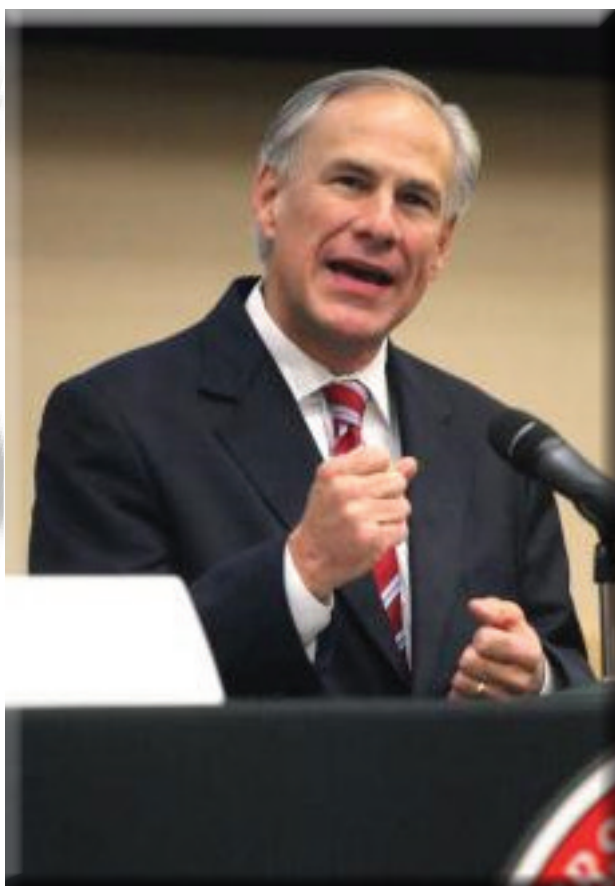
“The excellent reputation of Texas Tech University Health Sciences Center continues to attract increasing numbers of exceptional students from Texas, the U.S. and the world,” Rolfe said in the release. “The academic excellence of our entering students is testimony to our outstanding faculty, students and staff.”

TTUHSC  
2015 fall  
enrollment  
reached  
4,499  
students

# Gov. Abbott visits TTUHSC to introduce new nursing program for veterans

*Abbott praises program as helping veterans find work*

October 8, 2015 Allison Terry; AJ Media; Matt Dotray, AJ Media



Gov. Greg Abbott speaks at the Academic Building at the Texas Tech Health Sciences on Thursday about the importance of nursing.

Texas Gov. Greg Abbott praised a newly announced Texas Tech Health Sciences Center nursing program for veterans aimed at helping them enter the workforce.

Abbott, on the panel of officials who introduced the new program at a special event Thursday at Tech, said a fault in this country is that those who serve in the military come back and have difficulty finding work.

“It’s vital that we, as a state, do all that we can to aid our veterans and assist them in getting a good-paying job,” he said. “Therein lies one of the profound effects of this program. It paves the pathway for our veterans to more quickly integrate into the workforce.”

The new TTUHSC School of Nursing Veteran Bachelor of Science in Nursing program is a web-based nursing degree for veterans with prior military medical training and experience.

According to Melinda Jones, the associate dean of the school of nursing, the program recognizes the education and training people receive in the military, and puts them on a career path to use those skills.

The program will begin in spring 2016. It can be completed in 12 months, and applicants must apply within five years from the time of separation from the military.

Abbott also talked about the importance of nurses, saying they will most always be in high demand. He reflected upon his accident in 1984 during which he was out for an afternoon run when a branch broke from a large oak tree and fell on him, crushing his spine and leaving him paralyzed.

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“I can tell you for an absolute fact that I was able to be governor of Texas because there were nurses who worked around the clock, day after day, month after month, putting my life back together,” he said.

Speaking to the nurses in the room, he said they should know they’re impacting each patient’s life.

TTUHSC President Tedd Mitchell and Tech Chancellor Robert Duncan were also on hand to introduce the new program. So was Andres Alcantar, chairman of the Texas Workforce Commission and Lt. Colonel David Johnston, the director of strategic planning and partnerships for the Defense Health Agency’s medical education and training campus at Fort Sam Houston.

Johnston said veterans with military backgrounds often return to civilian life to learn their credentials don’t transfer, and this program helps close the gap between knowledge received in the military and classroom education.

“What Texas Tech has accomplished today is a testimony to its commitment to active-duty service members,” he said.

The new program was founded with a \$200,000 grant from the Texas Workforce Commission College Credit for Heroes program. Jones, the nursing school dean, said the first class is small, with eight students, but she expects that within five years the school will have had close to 475 students go through the program.



# Neugebauer shares experience with prostate cancer

*Neugebauer: Prostate cancer doesn't need to be 'Boogeyman in the closet'*

**November 12, 2015 Sarah Rafique, AJ media**

U.S. Rep Randy Neugebauer's summer was busier than usual.

For about two months, he woke up early to go to Johns Hopkins Hospital in Baltimore, Maryland, for radiation treatments. Then he was off to Washington, D.C., to fulfill his duties as congressman.

"It was 39 treatments, five days a week, for eight weeks. (There) was not any pain involved, but you have to drink a lot of water," said Neugebauer, R-Lubbock. "We were able to hold hearings and do our congressional work and be treated for cancer. It was a busy summer."

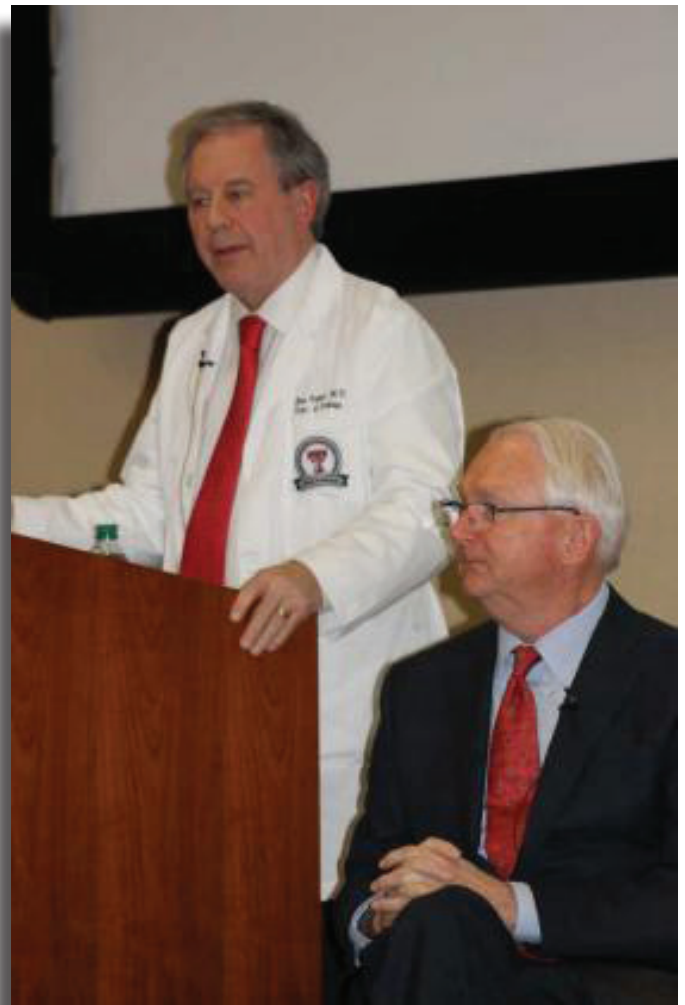
When Neugebauer was diagnosed with prostate cancer in 2009, he had his prostate removed. But, when blood work during an annual checkup this year detected high prostate-specific antigen levels that kept rising, he decided to receive precautionary radiation therapy instead of waiting to see if it developed into cancer.

"Anytime somebody calls you up and says you have cancer, it's not your best day," Neugebauer said. "I began to do my due diligence and was committed to (taking) care of this because I knew there were treatments for it."

Neugebauer shared his experiences with prostate cancer Thursday at the Texas Tech Health Sciences Center during a discussion presented by Texas Tech Physicians.

The center's president, Tedd L. Mitchell, said it was great to have Neugebauer share his experience with the Lubbock community.

"Anytime you have somebody ... that has name recognition and people know who they are, when they have health issues, when



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they have issues that they can personalize, it does a really great service for a community for them to be able to talk about it,” Mitchell said. “It’s an opportunity, if that person chooses, to really help other people. The congressman will be helping people he never meets by doing something like this.”

Mitchell said more men than women do not engage with health providers on a regular basis until it’s too late. That’s why he said it’s important for men to be reminded about the importance of yearly checkups.

“Women, from a relatively early age, get in the habit of engaging with health care providers. They get to the child-bearing years and particularly as they start getting married

and start having babies, they engage with the health care system,” he said. “Men need to be paying more attention to their health early on.”

Neugebauer emphasized getting checked annually and catching prostate cancer early will likely lead to a positive outcome, allowing patients to maintain their lifestyles.

“I’m here standing before you — by the grace of God and great health care professionals — cancer-free. I want men all across America and all across Lubbock to understand this doesn’t need to be the Boogeyman in the closet,” Neugebauer said. “With the technology and the treatments they have today, you very much can carry on your daily life.”



*From left:  
Rep Randy Neugebauer, R-Lubbock*

*Allan Haynes, MD, TTUHSC Vice  
Chairman of Urology*

*Tedd Mitchell, MD, TTUHSC  
President*

# Texas Tech University Health Sciences Center School of Medicine Ranked Third Nationally

## Suzanna Cisneros

“The future doctors of America have spoken,” according to GraduatePrograms.com. In a national survey, both current and former medical school students ranked the best medical schools across the country. Texas Tech University Health Sciences Center (TTUHSC) School of Medicine was ranked third nationally by GraduatePrograms.com.

TTUHSC School of Medicine was the only school from Texas other than Baylor College of Medicine who ranked number 46th overall. TTUHSC School of Medicine received a 9.01. The Ohio State University led the list with 9.13 and the University of Pennsylvania ranked second with 9.07.

Nathan Anderson, second-year TTUHSC medical student from Salt Lake City Utah, said he completely agrees with the high ranking.

“I came to the TTUHSC School of Medicine because the people made me feel so comfortable and I loved the curriculum,” Anderson said. “I knew I could succeed and excel with the way the curriculum was set up. But the most important thing I didn’t expect was the wonderful faculty support we receive. They provide a mentorship and want you to succeed. I love that all of my classmates can go wherever they want and do so well because of the education we received here.”

Nerissa D’Silva, a second-year medical student from Houston, said she interviewed at other medical schools, but knew TTUHSC School of Medicine was the best medical school for her.

“I agree 100 percent that our School of Medicine is one of the best,” D’Silva said. “From day one, the way they take care of you, leaving no stone unturned, it is the reason I came here. From the curriculum to the faculty, everyone cares that you succeed.”

According to GraduatePrograms.com, 15 ranking categories were listed for graduate programs at each university. Rankings cover a variety of student topics, such as academic competitiveness, career support, financial aid and quality of network. All school rankings cover a period from September 1, 2012 until September 30, 2015.

## Medical School Rankings

Top Medical Schools – Fall 2015

The future doctors of America have spoken. In a recent GraduatePrograms.com survey, both current and former medical school students ranked the best med schools across the country.

One Class of 2017 student at top ranked Ohio State University wrote, “Cooperative environment, awesome peers with lots of opportunities to get involved on campus. Faculty are always willing to help, excellent facility and academic support.”

Students can continue to review their programs at [www.graduateprograms.com](http://www.graduateprograms.com) and qualify to win a \$1,000 scholarship, awarded once per semester. Reviews will be incorporated into upcoming program rankings.

Rank	School	Student Rating
1	<a href="#">The Ohio State University</a>	9.13
2	<a href="#">University of Pennsylvania</a>	9.07
3	<a href="#">Texas Tech University Health Sciences Center</a>	9.01
4	<a href="#">Emory University</a>	8.97
5	<a href="#">The University of Chicago</a>	8.93
6	<a href="#">Dartmouth College</a>	8.91
7	<a href="#">Vanderbilt University</a>	8.84
8	<a href="#">Tufts University</a>	8.81
9	<a href="#">University at Buffalo</a>	8.78
10	<a href="#">University of Arizona</a>	8.77



# Excelling Nationally

*School of Medicine receives high rankings among programs and universities*

## Suzanna Cisneros

The Texas Tech University Health Sciences Center (TTUHSC) School of Medicine proved hard works pays off after being recognized by GraduatePrograms.com and the American Academy of Family Physicians (AAFP) with national rankings.

In a national survey, both current and former medical school students ranked the best medical schools across the country.

Texas Tech University Health Sciences Center (TTUHSC) School of Medicine was ranked third nationally by GraduatePrograms.com. With a rank of 9.01 out of 10, TTUHSC School of Medicine was just 0.12 points behind the top ranking school, Ohio State University.

Nathan Anderson, second-year TTUHSC medical student from Salt Lake City Utah, said he completely agrees with the high ranking.

“I came to the TTUHSC School of Medicine because the people made me feel so comfortable and I loved the curriculum,” Anderson said. “I knew I could succeed and excel with the way the curriculum was set up. But the most important thing I didn’t expect was the wonderful faculty support we receive. They provide a mentorship and want you to succeed.”

According to GraduatePrograms.com, 15 ranking categories were listed for graduate programs at each university. Rankings cover a variety of student topics, such as academic

competitiveness, career support, financial aid and quality of network.

Additionally, the School of Medicine ranked 14th nationally for its family medicine program, according to the AAFP. The Family Medicine Accelerated Track (FMAT) program allows primary care students to complete their degree in three years at about half of the cost of the standard four-year program.

The program was the first-of-its-kind three-year program in the country.

...the School of Medicine ranked 14th nationally for its family medicine program...

Steven Berk, M.D., TTUHSC executive vice president, provost and School of Medicine dean, said the School of Medicine is committed to changing how medical schools attract and educate future family medicine doctors.

“The family physician is the one most likely to meet the health care needs of rural Texas communities, but there will also be a shortage of primary care physicians throughout the State of Texas,” Berk said. “Texas Tech University Health Sciences Center School of Medicine takes pride

in being among the top 20 medical schools in its percentage of students choosing a career in family medicine.”

TTUHSC is committed to providing next-level education for students. Through recognition by programs such as GraduatePrograms.com and AAFP, the School of Medicine continues to show innovation to service our students.



# Care and Support

## *Diabetes Educator Explains How You Can Best Help a Loved One with Diabetes.*

### **Jessican Bagwell**

According to the American Diabetes Association, nearly 30 million children and adults in the U.S. have diabetes and an additional 86 million Americans have prediabetes and are at risk for developing type 2 diabetes in the near future. This prevalence means it is likely that you know or will know someone with the disease.

For the newly diagnosed, diabetes can bring an overwhelming list of lifestyle changes necessary to remain healthy. However, Christie Hust, M.S., R.D.N., certified diabetes educator at the Texas Tech University Health Sciences Center (TTUHSC) Larry Combest Community Health and Wellness Center, says it can also be difficult for loved ones of those with diabetes to navigate the needs and factors associated with diabetes.

“Diabetes is complicated,” Hust explained. “A person with diabetes is often overwhelmed with everything they have to do, the medicines they have to take and the doctors they have to see. It can be too much.”

For the loved ones of someone newly diagnosed, there can be high anxiety about the prognosis and coping with the disease. Hust explains that the concern is valid, but there is hope, especially with a supportive network of family and friends.

“Diabetes is one of the silent killer diseases,” Hust said. “People may look and feel fine, but damage is occurring that they cannot even see. It is a progressive disease, which means the longer someone has it, the harder it is to control. Become involved in the person’s diabetes care. Know what the person with diabetes will be doing, what medications they should be

taking and how often they should check their sugars.”

Even with diligent diabetes care, Hust explains the disease can be unpredictable, which is stressful to the person with diabetes and their family.

“They can be doing everything ‘right’ and still have high blood sugars,” Hust said. “People don’t realize that pain, stress and illness make the blood sugars go up. The person will feel stressed about their blood sugars and then their blood sugars will go up. It is often a vicious cycle that is hard for people to get out of.”

That cycle has been known to get out of control and lead to depression. If your loved one with diabetes is exhibiting signs of depression, Hust says there are things you can do to help.

“Many people with diabetes also have depression,” Hust explained. “While depression is normal, it shouldn’t go





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untreated. If a person with diabetes is depressed, it makes the job of managing their diabetes even harder. If a person with diabetes is depressed, encourage them to talk to their doctor.”

Managing diabetes requires vigilant monitoring of blood sugars to be sure the person with diabetes is not having an episode of hypoglycemia (low blood sugars) or hyperglycemia (high blood sugars) and also watching for telltale signs that something is wrong related to the person’s diabetes.

“The signs of low blood sugars are shaking, sweating, anxiety, headache, dizziness, weakness and being upset,” Hust said. “The signs of high blood sugars are thirst, increased trips to the bathroom, dry skin, fatigue and slow healing cuts and wounds.”

Hust said that in a low- or high-blood sugars episode, people with diabetes may not notice their symptoms, but their loved ones can pick them out.

“The feeling is different for each person and loved ones need to know the symptoms in general so they can recognize it in the person with diabetes,” Hust said. “As a person with diabetes, I often do not think I am having low blood sugars, but my husband will recognize it and help me test and treat it.”

For family members, Hust says it can be tempting to try to control your loved one’s lifestyle choices to protect them. However, Hust says the most-effective thing you can do for your loved one is be supportive.

“I’m big on not nagging,” Hust said. “Nothing is more discouraging than having the diabetes police watching your every move. People with diabetes are normal people and still want to enjoy life. There is nothing wrong with a person with diabetes enjoying dessert occasionally. Nagging can make the person with diabetes resentful and can tear apart relationships.”

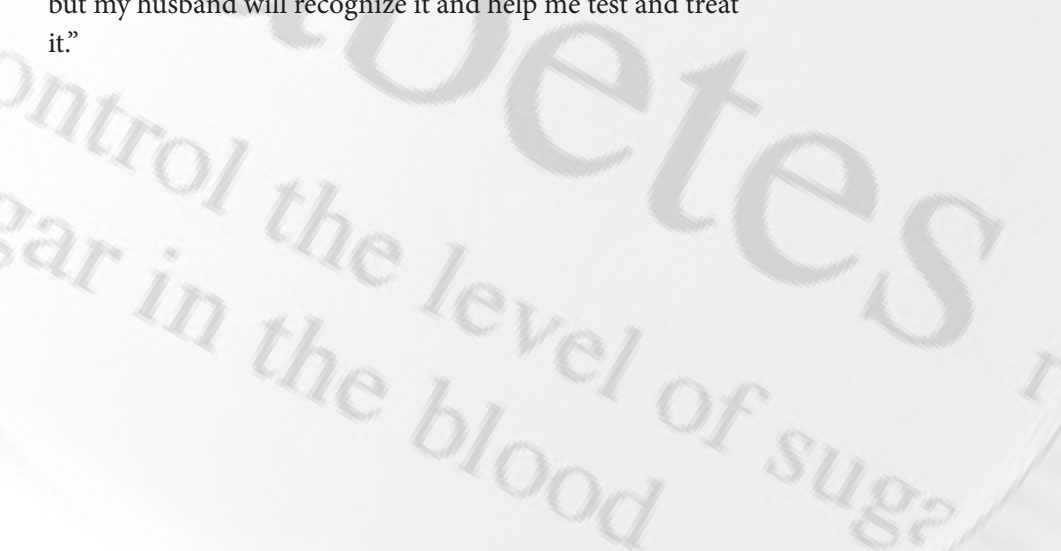
Hust says instead to look at your loved one’s pursuit of a healthy lifestyle as an opportunity to encourage the whole family to practice healthy habits.

“If you are a person with diabetes, nothing is harder than trying to follow a meal plan when the rest of the family is eating pizza,” Hust said. “Eating a healthy diet will benefit the entire family.”

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...the longer  
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to control

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# TTUHSC and TTU Rank Nationally

## *Texas Tech claims number six spot for Best Kinesiology Graduate Programs*

### **Kelli Love**

Texas Tech University was recently listed as the sixth top university for its kinesiology graduate program, according to GraduatePrograms.com. GraduatePrograms.com features peer-reviewed student ratings that cover 15 categories, such as academic competitiveness, education quality and graduate program value.

The rankings for the Texas Tech University graduate program represented a combination of programs from the Department of Kinesiology & Sport Management and Nutritional Sciences, as well as programs from the Texas Tech University Health Sciences Center (TTUHSC) School of Health Professions. The master of athletic training, master of occupational therapy, doctor of philosophy in rehabilitation sciences and doctor of physical therapy programs were each a contributing factor to the high ranking received by Texas Tech University.

Angela Lumpkin, chair of the Department of Kinesiology & Sport Management believes it is the best reflection of faculty members and their hard work for the programs.

“Graduate students appreciate faculty mentors who genuinely enjoy helping them succeed in their programs of study and especially provide opportunities for them to get involved with collaborative research projects with the faculty member and other students,” said Lumpkin. “Students who participate in internships really appreciate the work experiences, networking and job potential these provide them. Texas Tech’s high ranking reflects positively on our department’s excellent teaching and mentoring as well as the on graduate programs in the Texas Tech University Health Sciences Center.”

Additionally, the key mission for TTUHSC to provide educational opportunities for students is a main factor thought by Kerry K. Gilbert, associate professor and program director for the doctor of physical therapy program. “I believe several things set the graduate programs of the TTUHSC School of Health Professions apart from other universities,” said Gilbert. “Those include our ‘students first’ focus, realizing that we are here to help students learn and grow as professionals in their chosen field and we actively work to meet that goal; our faculty, which is comprised of top notch experts in their respective fields who care about our students; the support of the university from the president down; and that many health professions programs are housed in graduate schools. Being a part of a health sciences center is critical and provides the ability for interdisciplinary collaboration in education, scholarship and patient care.”

Rankings for GraduatePrograms.com included data from September 1, 2012 to September 30, 2015. Reviews are based on rankings posted by more than 75,000 students representing over 1,600 graduate programs nationwide. The Texas Tech University kinesiology graduate program rating was preceded by University of Tennessee-Chattanooga, The University of Texas at San Antonio, University of Florida, Purdue University and University of Maryland College Park. Following Texas Tech University, Baylor University was ranked 16th and The University of Texas at Austin was 19th.



# TTUHSC researcher receives patent for schistosomiasis vaccine

November 9, 2015 Ellysa Gonzalez, AJ Media



More than 20 years of his professional career have been devoted to finding a treatment for schistosomiasis.

In October, Dr. Afzal Siddiqui, a professor in the department of immunology & molecular microbiology at Texas Tech Health Sciences Center, received a patent for a vaccine he created in his lab to treat schistosomiasis.

The disease is more prevalent in countries outside the continental United States, but the strain Siddiqui has been working with was found in Puerto Rico.

Schistosomiasis is passed on through eggs in an infected person's urine or feces. When snails are present in the contaminated water, they ingest the eggs, which develop inside their host and later re-enter water, according to the Centers for Disease Control and Prevention website. The parasite can survive for 48 hours in the water.

Once in contact with human skin, the parasites get into the body and produce many eggs causing bulging bellies — one of several characteristics of the disease, Siddiqui said.

“This vaccine is a chance to improve the lives of 200 million people,” said Dr. Michael Conn, vice president of research for HSC, in reference to the number of people affected by the disease. “This kind of opportunity doesn't come along often.”

About 800 million more are at risk of being infected, Siddiqui said, which is why he felt it was so important to receive the patent to protect his work.

“So we want to make vaccines for less than a dollar,” he said. “So that's why we didn't want anybody to get it.”

Duplications of the vaccination could lead to increases in the vaccine's market price, making it go out of reach for the people who might need it the most.

“We didn't want that to happen,” Siddiqui said. “We wanted to have the patent on it so we could control the distribution.”

It's taken 22 years to develop the vaccination and file for the patent, he said.

David McClure, managing director of licensing for the Office of Research Commercialization for the Tech System, said Siddiqui's is one of only three patents received by scientists at the HSC in the past five years. Siddiqui and Dr. Samuel Prien, who received one for his research on reproduction — were the most recently acquired.



“...This is very exciting news, something that we want all our faculty to be aware of and inspired by,” McClure said. “It also marks the culmination of a very long process, as it can take six years or more from the date of the first application to receive notice of issuance, and over 50 percent of patent applications are denied.”

Even though he has a patent, the vaccine is still undergoing testing. Siddiqui said he’s getting ready to start safety and efficacy trials in human beings. It’s already passed the animal-testing phase.

So far he’s received about \$11 million worth of funding from organizations including the National Institutes of Health, the Bill & Melinda Gates Foundation and others.

Receiving the U.S. patent was just one of several victories Siddiqui hopes to accomplish with his project.

He also applied for patents in China, Brazil and India, which are all still pending.



The vaccine was created with the intent for affordable distribution in the developing countries that need it, he said.

“This was not to make money, not to make any profit or anything,” he said. “The reason we got the patent was to make sure people do not make money off it.”

**This vaccine  
is a chance to  
improve the lives  
of 200 million  
people.**

*Dr. Michael Conn*

**...we want to  
make vaccines  
for less than a  
dollar.**

*Dr. Afzal Siddiqui*



# Mini-series Aims at Increasing Positive Interprofessionalism

*Office of Interprofessional Education leads development of mini-series*

## Jessica Bagwell

The Office of Interprofessional Education and the School of Pharmacy hosted a premiere of the new preceptor mini-series, “Change of Heart: An Interprofessional Preceptor Mini-Series” at Alamo Draffhouse in Lubbock. About 200 people attended the sold-out premiere, and among the audience members were cast members, writers, President Mitchell and many Texas Tech University Health Sciences Center (TTUHSC) faculty and staff.

Craig Cox, Pharm.D., FCCP, BCPS, Associate Professor and vice chair of Experiential Programs and Renee J. Bogschutz, Ph.D. CCC-SLP, director of the Office of Interprofessional Education led the development of the Mini-Series.

“The 12-episode, knowledge-based video series was developed to educate both preceptors and students regarding their participation in experiential rotations in an interprofessional setting,” Cox said. “The series follows multiple health professional preceptors including nurses, pharmacists, physicians, speech-language pathologists, occupational therapists and physical therapists as they precept their students in both hospital and extended care settings.”

Bogschutz explained that the mini-series not only looks at how interprofessionalism can improve outcomes when modeled well, but also demonstrates the unfortunate consequences of interprofessional situations gone wrong. She says that if applied correctly, the knowledge gained through the mini-series could improve interprofessional teamwork dramatically.

“Through a combination of inappropriate and quality interprofessional interactions, attendees were provided key principles regarding orientation, feedback, teamwork and dealing difficult preceptors or students,” Bogschutz explained. “Previous preceptor mini-series developed by Dr. Cox and the School of Pharmacy have resulted in immediate learning, long-term learning, preceptor engagement and positive attitudes about the mini-series platform. Although data is forthcoming, it is expected that this interprofessional mini-series will have similar results with a wider audience. The series also provides insights for clinicians who are learning to precept students.”

Bogschutz said the series would be a valuable resource to incorporate into preceptor and student programs throughout TTUHSC. For more information about the series, contact Cox at [Craig.Cox@ttuhsc.edu](mailto:Craig.Cox@ttuhsc.edu).







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