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## KP East Bay Area News

### [SCORE Program Promotes Mentoring in Research](#)

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Mentoring is a critical element of educating the next cohort of physicians and the [SCORE \(Summer Clinical Otolaryngology Research\) program](#) provides the opportunity for medical students to work with a mentor on their clinical research skills over eight weeks.

During the program, students work on clinical research ranging from retrospective case series, to systematic reviews, to descriptive database projects, in the fields of Otolaryngology – Head and Neck surgery or Obstetrics and Gynecology.

In its third year, the program continues to be competitive with more than 87 applications for six positions, filled by medical students that come from varied backgrounds and medical schools from across the country.

Read more about what research the students contributed to:

1. Joshua Calton, University of Arizona — with Jonathan Liang, MD

*Does Functional Endoscopic Sinus Surgery Improve Sleep Outcomes in OSA Patients? A Systematic Review with Meta-Analysis.* Objective: To determine the effectiveness of functional endoscopic sinus surgery (FESS) on sleep quality in patients with obstructive sleep apnea (OSA).

2. Nicolas Cheung, University of Southern California — with Kevin Wang, MD

*Improving HPV Vaccination Rates at KPNC Oakland Head and Neck Surgery* Purpose: To increase the human papillomavirus (HPV) vaccination rates for eligible patients at Kaiser Permanente Northern California (KPNC) by piloting a policy change in the Oakland Head and Neck Surgery (HNS) clinic.

3. Frederike Lutzenberg, University of Central Florida — with Nancy Jiang, MD

*Practice Patterns of Anti-Reflux Medication Prescriptions in Otolaryngology Compared to Other Specialties* Objective: To describe the trends in proton pump inhibitor (PPI) prescription rates and durations and compare them to those of H2-receptor antagonists (H2RA) between 2013 and 2016 in otolaryngology, gastroenterology, and family practice, following the increasing publications on PPI adverse effects and inappropriate prescribing.

4. Christopher DaSilva, University of Central Florida — with Benjamin Malkin, MD

*Assessing Clinical Practice Guideline Compliance for Evaluation and Management of Idiopathic Sudden Sensorineural Hearing Loss in Kaiser Northern California* Objective: The objective of this project was to assess the impact of the American Academy of Otolaryngology – Head and Neck Surgery Foundation's clinical practice guideline (CPG) key action statements for patients presenting with sudden hearing loss in Kaiser Northern California.

5. Reshma Varghese, George Washington University — Eve Zaritsky, MD

*Characteristics and Health Care Needs of Gender Dysphoric Pediatric Patients in a Large Urban Integrated Multi-Specialty Clinic*

The number of pediatric transgender patients presenting to healthcare settings has increased in the last decade, yet there is a scarcity of data on this population. To address this gap, we evaluated the baseline characteristics and transition-related needs of pediatric patients referred to a multi-specialty transgender clinic within a large, urban integrated health system.

6. Isabella Silvestre, Cooper Medical School of Rowan University — Eve Zaritsky, MD

*Risk Factors Associated with Presenting for Abortion in the Second Trimester in an Integrated Health Care System*

About 12% of abortions are performed during the second trimester despite increased cost and morbidity. Since insurance is a major factor affecting abortion access, studying women with adequate access to health care at Kaiser Permanente Northern California may provide insight into health disparities and barriers to abortion care.

by [Gabriella X. Areas](#) at 11:48 AM