Yoga to Combat Depression: A Program Plan for Indian Medical Schools
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Depression is a serious problem in India but one that society often ignores. According to the Indian Journal of Medical Research and Indian Journal of Community Medicine, medical schools are reported to be among the places where rates of depression are highest. However, there is limited empirical evidence and limited interventions to treat depression in Indian medical schools due to societal rejection.

Factors that contribute to depression in Indian medical schools include stress of medical training; high expectations and pressure among high achievers; persistent stigma among both the medical community and throughout society; rapid growth of health care system; and lack of resources to identify mental health problems. Many interventions are used globally to treat depression, however three particular types have been popularly used as an effective means: counseling, exercise, awareness have all aided in combating depression in medical schools.

Yoga was determined to be the most acceptable and feasible intervention to combat depression in Indian medical schools. A program plan to test a one-year yoga curriculum in three Indian medical schools representing different geographic and socioeconomic areas, was developed. The program plan includes a yoga curriculum, timeline, budget, evaluation plan with logic model and data collection tools for participants and stakeholders, and plans for sustainability and dissemination.

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Health Effects of Robotic Surgical Techniques on Surgeons: A Systematic Review of Literature
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Background: Robotic surgical systems have opened the possibility for surgeons to operate without directly contacting the patient and beyond the laparoscopic constraints. While a handful of studies using robotic techniques have shown improved surgical outcomes, higher work efficiency and less physiological stress among surgeons, operating with robots requires strong cerebral processing and prolong visual focusing. However, due to the physical and mental processes employed during operation, robotic systems may cause potential effects on the surgeon’s brain and other organ systems due to their functional interconnection with the brain. A qualitative review of medical literature was undertaken focusing on studies that examined the motor or sensory functions most engaged during the performance of surgical procedures using open/traditional, laparoscopic or robotic instruments to provide useful considerations to guide future research for surgeons.
Methods: To obtain relevant articles, a search strategy was applied using the databases PubMed, Google Scholar and Science Direct. A total of 310 articles were obtained from which 79 abstracts were retrieved after applying the inclusion criteria. The full texts of those articles were then assessed in detail for final evaluation.

Results: In all, 18 articles were reviewed for analysis. The procedures undertaken were experimental studies, questionnaire surveys, literature reviews, an observational study and a cross-sectional survey carried out on surgeons, medical students, microscope users, healthy adults, and other users of robots in different fields. Robotic surgery was associated with less physical discomfort and pain and less mental strain compared to laparoscopic surgery. Working with robots in other fields was found to produce disorientation symptoms, visually induced motion sickness and proprioceptive dysfunction. Symptoms associated with watching 3D visual display include an increase in eye-fatigue, eyestrain, difficulty in focusing, vertigo, headache, blurred vision and gastrointestinal symptoms. In addition, comprised perception and degraded spatial disorientation was noted in other fields using robots.

Conclusion: The studies reviewed revealed that robotic surgery offers certain advantages with respect to ergonomics and physical and cognitive workload. However, there is a scarcity of information related to the neuroergonomic related health effects on surgeons. Concerning findings from other fields on the impact of using robots on various organ systems warrants further research on effects of robotic surgery on surgeons. In addition to the surgeon’s perspective, it is critical that the patient’s perspective as well as the cost-benefit of robotic surgery be considered prior to increased use of these new surgical approaches.

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Characteristics of non-users of a Patient Portal at an Internal Medicine practice within Northwell Health

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Online patient portals are web-based applications that provide patients with access to a secured database where they can access their personal health information and interact with their providers. Patient portal usage is meant to increase the engagement and communication between patients and their providers. However, while an increasing number of health systems are making patient portals available, usage tends to be low. The literature identifies a number of possible barriers to usage; however, little empirical evidence exists. This study intends explore the characteristics of users and non-users of patient portal at a primary care medicine practice within the Northwell Health System.

Northwell Health began using FollowMyHealth in 2012. As of May 10, 2016, 60,708 patients were connected but only 2.5% were active utilizers. Subjects in this study will be recruited from the 2001 Marcus Avenue office located in New Hyde Park, New York, an internal medicine/primary care center. Participants will be identified from visits 2 weeks prior to the initiation of the research. Participants will be adults 18 years and older, English speaking, and either an established or new patient at the office. A total sample of 1000 patients will be recruited. Informed consent procedures have been approved by Northwell Health’s IRB.

This study will be completed in two different phases. Phase 1 will consist of a telephone interview/survey with the patient participants. Phase 2 will commence 4 weeks after Phase 1. Participants will receive a mailed survey that inquires about the use of the portal and an assessment of physician/organizational trust.

It is hypothesized that users of the FollowMyHealth portal will be similar to users identified in prior research including having a higher income, private health insurance, and being Caucasian. In addition, barriers to usage
is also hypothesized to be similar to prior research including a lack of patient motivation, socioeconomic status, and health literacy. This study aims to fill a gap in the literature regarding reasons for non-usage of patient portals. Potential limitations include that the research is only limited to one office within Northwell Health and to only English speakers. Findings will be shared within Northwell Health and externally through local and national conferences and publications.

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How Facebook is used to address health issues and concerns with the aftermath of Hurricane Sandy: A Content Analysis
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Social media and collective technologies have become essential parts of emergency preparedness, response, and recovery. Research on their use for the health-related consequences after disasters is limited. This study aimed to explore the lived experiences of recovery efforts and reactions of Long Beach residents after Hurricane Sandy through Facebook. Content analysis was used to examine posts on the two most active Long Beach, NY Hurricane Sandy related groups on Facebook: Project 11561 and Sea by the City. Six separate time periods were identified that correspond with the date Hurricane Sandy hit Long Beach, October 29, 2012. Each individual post within the timeframes were logged into a spreadsheet, with each number representing a code for a mutually exclusive category. A total of 6 master codes were identified from a total of 77 posts with a sample size of 121, as a single post could yield multiple codes associated with it: Devastation/Damage (14.29%), Recovery (57.14%), Disaster Mitigation (3.90%), Human Interest/Personal Accounts (7.79%), Unity (45.45%), Trolling & Flaming (5.19%), and Miscellaneous (23.38%). Of the 77 posts, a total of 46 posts and 272 comments analyzed utilizing the Linguistic Inquiry and Word Count (LIWC) categories where comments gathered from both Recovery and Unity had expressed positive emotions and optimism. Facebook groups can be a useful tool for individuals in the aftermath of a disaster.