

Jessica Hanae Zafra-Tanaka

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Profile

I'm a Peruvian researcher and work part-time at CRONICAS Center of Excellence in Chronic Diseases at Universidad Peruana Cayetano Heredia, while studying my PhD at the University of Geneva. I'm currently based at Division of Tropical and Humanitarian Medicine at University Hospitals of Geneva as part of my PhD studies.

I have experience on systematic and scoping reviews. I got training on systematic reviews at the Cochrane Center in Sant Pau Hospital, Barcelona, Spain and have previously worked for the Peruvian Social Security conducting systematic reviews and developing clinical practice guidelines.

I'm a highly motivated, young and female researcher. I consider myself organized, able to lead a study and work in interdisciplinary teams. My experience is mainly in quantitative studies and mixed-methods studies. My topics of interest are non-communicable diseases, co-creation, implementation science and health systems.

Education and training

Medical Doctor, Bachelor in Medicine 2015
Universidad Nacional Mayor de San Marcos, Lima, Peru

Master in Science (Field: Epidemiology) 2017
Universidad Peruana Cayetano Heredia, Lima, Peru

Other training

2017 – Course: Responsible Conduct in Research. Centro Andino de Investigación y Entrenamiento en informática para la Salud Global

2017 – Diploma on Applied Statistics. Faculty of Science, Universidad Peruana Cayetano Heredia, Lima, Peru

2018 – Course: Infectious Diseases Epidemiology in Global Settings (GH777). Duke Global Health Institute of Duke University

2019 – MOOC on Implementation Research (IR) with a focus on Infectious Diseases of Poverty (IDP). Special Programme for Research and Training in Tropical Diseases, WHO-TDR

2020 – Course: Project Management in Global Health. Department of Global Health, School of Public Health – School of Medicine. University of Washington

2020 – Course: UCL Centre for Behaviour Change Online Winter School. Introduction to Behaviour Change: Principles & Practice

2020 – Course: Fundamentals of Implementation Science. Department of Global Health, School of Public Health – School of Medicine. University of Washington

2020 – Course: Leadership and Management in Health. Department of Global Health, School of Public Health – School of Medicine. University of Washington

2020 – Course: GACD Virtual Implementation Science School. Global Alliance for Chronic Diseases

2021 – Course: Monitoring and Evaluation in Global Health. Department of Global Health, School of Public Health – School of Medicine. University of Washington

2021 – Course: Human-centered design – Designing moments that matter. IDEO

2021 – Course: Fundamentals of Global Health Research. Department of Global Health, School of Public Health – School of Medicine. University of Washington

2022 – Course: Create Online Virtual Interactive Discussions – A Short Course on approaches to online teaching - Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: Wellbeing for Healthcare Professionals, School of Public Health – School of Medicine. University of Washington

2022 – Course: Understanding social inequalities and social problems in health! – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: Big data on Public Health – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: Global Cardiovascular Disease Prevention – Harvard School of Public Health, Boston

2022 – Course: Measuring and analyzing the outcomes of healthcare – Harvard School of Public Health, Boston

2022 – Course: Community-based participatory methods in public health – Lugano Summer School and Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: Promoting healthy behaviors through multi-level approaches – Lugano Summer School and Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: Artificial Intelligence, Deep Learning & Healthcare – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: Missing Data in Observational Epidemiologic Studies Including Non-Detects – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: Introduction to the Statistical Software R – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: Health economics – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: GIS for Public Health – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: BASIC Module: Defining and Developing Qualitative Research in Public Health – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: ADVANCED Module: Defining and Developing Qualitative Research in Public Health – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2022 – Course: Public health surveillance and population health monitoring (advanced module) – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2023 – Course: Migration Health – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2023 - Introduction into Multilevel modelling of clustered data – Swiss School of Public Health (SSPH+ Inter-university Graduate Campus)

2023 - Introduction to Data Analysis with R, with Public Health Applications - the GRAPH Network and the Infectious Diseases and Mathematical Modeling Division of the University of Geneva

Employment History

CRONICAS Centre of Excellence in Chronic Diseases, Universidad Peruana Cayetano Heredia, Lima, Peru **2017 to date**

Post: Study Coordinator/Research Assistant.

I have worked as a research assistant for the projects: *Towards an Integrated Global Transport and Health Assessment Tool* (TIGTHAT) in 2017, *Planning to establish a regional center of NCD research training in Peru* (D71) in 2017-2018 and *Salud Urbana en América Latina* (SALURBAL) 2019-2020. I coordinated the study *Addressing the Challenge and Constraints of Insulin Sources and Supply* (ACCISS) – Phase 2 from April 2018 to April 2021, and ACCISS phase 3 (2021 – 2023). I'm currently a research assistant for ACCISS phase 4 (2024 – 2027). My work at the research center also involves manuscript and grant writing.

Fundación Avedis Donabedian

2019 to date

Post: Research assistant

I worked on study selection, extraction of data and risk of bias assessments for the systematic reviews for the Comparing effectiveness of self-management interventions in 4 high priority chronic diseases in Europe (COMPAR-EU) project. I have also participated in systematic reviews for quality assurance in cancer management.

Instituto de Medicina Tropical Alexander von Humboldt, Universidad Peruana Cayetano Heredia, Lima, Perú **2021**

Post: Quantitative research fellow

I worked as a quantitative research fellow for a study that explores tuberculosis and COVID-19 burden in Lima where I oversaw data analysis.

Institute of Health Technology Assessment and Research (IETSI) from the Peruvian Social Security **2017-2019**

Post: Consultant in evidence synthesis and development of clinical practice guidelines

I worked on systematic searches, quality appraisal and evidence synthesis to inform the development of several clinical practice guidelines for the Peruvian Social Security: Atrial fibrillation, Osteoarthritis, Upper gastrointestinal hemorrhage, preterm labor and Depression. I have also conducted courses and training workshops on evidence synthesis for health care professionals.

Health Center "CAP I Imaza" – Social Security (EsSalud), Amazonas, Peru

2015-2016

Post: Chief

I worked for a year in my rural service as a general physician focusing mainly on preventive activities and management of chronic conditions. Also, I conducted management activities which included budgeting, team coordination, among others.

Awards and honors

2022 – Young Researchers Grant Award. World Health Organization Global Noncommunicable Disease (NCD) Platform, the Defeat-NCD Partnership and Alliance for Health Policy and Systems Research

2022 – Bernard Lown Scholars in Cardiovascular Health Program, Harvard T.H. Chan School of Public Health, University of Harvard

2021-2024 - Swiss Government Excellence Scholarships for Foreign Scholars

2019-2020 – Fogarty fellowship, Northern Pacific Global Health Consortium, Fogarty International Center, NIH

Feb-March 2018 – Fellowship at Cochrane Center in Sant Pau Hospital, Barcelona, Spain and invitation to participate in the Clinical Practice Guideline for Breast Cancer of the European Union.

Feb-Dec 2017 – Scholarship awarded by CRONICAS Center of Excellence in Chronic Diseases to study the masters in Epidemiology, Universidad Peruana Cayetano Heredia

2008-2015 – First in class (highest ranking) from the School of Medicine, Universidad Nacional Mayor de San Marcos

Ongoing Research Projects

Using a co-creation approach to develop a Core Outcome Set for Type 1 Diabetes Mellitus

Source: Swiss Government Excellence Scholarships for Foreign Scholars // **Role:** PI/PhD student

Period: September 2021 to September 2024

Towards meaningful stakeholder engagement in policy decisions: The case of diabetes mellitus in Peru

Source: The Global Noncommunicable Disease Platform of the World Health Organization (WHO) and the Defeat-NCD Partnership hosted by the United Nations Institute for Training and Research (UNITAR) // **Role:** PI

Period: 2022 to 2023

Misinformation on cardiovascular health: A scoping review of literature and social media

Source: Bernard Lown Scholars in Cardiovascular Health Program, Harvard T.H. Chan School of Public Health, University of Harvard // **Role:** Co-PI

Period: 2022 to 2024

Investigating and implementing scalable interventions to prevent diabetic foot ulcers

Source: Medical Research Council (MRC) // **Role:** Co-PI

Period: 2022 to 2024

Completed Research Projects

[Evaluation of a virtual course on diabetes and insulin usage in four regions of Peru: a mixed-methods study]

Source: Health Access International (HAI) // **Role:** PI

Period: December 2020 to May 2022

Hospital-to-outpatient transition and discharge process for stroke patients at tertiary care level hospitals in Peru

Source: Northern Pacific Global Health Fellows program // **Role:** PI

Period: August 2020 – July 2021

[Assessment of the impact of COVID-19 pandemic on access to health care services for patients with Type 1 Diabetes Mellitus]

Source: Health Access International (HAI) // **Role:** PI

Period: April 2020 to April 2021

Evaluating the effects of exposure to cane industry work on the renal function of farmers.

Source: CONCYTEC // **Role:** Co-PI

Period: 2018 – 2021

Obesity markers for the prediction of incident type 2 diabetes in a Peruvian population: the CRONICAS Cohort Study

Source: CRONICAS Center of Excellence in Chronic Diseases, Universidad Peruana Cayetano Heredia, Peru // **Role:** PI

Period: 2018-2019

List of Published Work

Complete list of publications

<https://www.ncbi.nlm.nih.gov/myncbi/1hmECQq2P6sk2/bibliography/public/>

Zafra-Tanaka JH, Del Valle A, Bernabé-Ortiz A, Miranda JJ, Beran D. Outcomes measured in studies assessing health systems interventions for type 1 diabetes management: A scoping review. *Diabet Med.* 2023 Sep 8;;e15223. doi: 10.1111/dme.15223. [Epub ahead of print] PubMed PMID: 37683837.

Zafra-Tanaka JH, Braverman A, Anza-Ramirez C, Ortigoza A, Lazo M, Doberti T, Rodriguez-Osiac L, Lovasi GS, Mazariegos M, Sarmiento O, Pérez Ferrer C, Miranda JJ. City features related to obesity in preschool children: a cross-sectional analysis of 159 cities in six Latin American countries. *Lancet Reg Health Am.* 2023 Apr;20:100458. doi: 10.1016/j.lana.2023.100458. eCollection 2023 Apr. PubMed PMID: 36942152; PubMed Central PMCID: PMC10023940.

Zafra-Tanaka JH, Najarro L, Tenorio-Mucha J, Lazo-Porras M, Bartra D, Bazán G, Berghusen Anteparra MC, Bonilla U, Motta V, Beran D. COVID-19's impact on type 1 diabetes management: A mixed-methods study exploring the Peruvian experience. *Int J Health Plann Manage.* 2022 Dec;37 Suppl 1:129-143. doi: 10.1002/hpm.3536. Epub 2022 Jul 5. PubMed PMID: 35790022; PubMed Central PMCID: PMC9349690.

Zafra-Tanaka, J. H., Beran, D., & Bernabe-Ortiz, A. (2022). Health system responses for type 1 diabetes: A scoping review. *Diabetic Medicine*, e14805.

Zafra-Tanaka, J. H., Portocarrero, J., Abanto, C., Zunt, J. R., & Miranda, J. J. (2022). Managing post-stroke care during the COVID-19 pandemic at a tertiary care level hospital in Peru. *Journal of Stroke and Cerebrovascular Diseases*, 31(4), 106275.

Zafra-Tanaka JH, Brañez-Condorena A, Soriano-Moreno DR, Taype-Rondan A. Analysis of the ADA's Standard of Diabetes Care Recommendation for Continuous Glucose Monitoring System.

J Diabetes Sci Technol. 2021 Nov;15(6):1390-1393. doi: 10.1177/1932296820952065. Epub 2020 Aug 29. PMID: 32865012; PMCID: PMC8655291.

Carrillo-Larco RM, Anza-Ramírez C, Saal-Zapata G, Villarreal-Zegarra D, **Zafra-Tanaka JH**, Ugarte-Gil C, Bernabé-Ortiz A. Type 2 diabetes mellitus and antibiotic-resistant infections: a systematic review and meta-analysis. J Epidemiol Community Health. 2022 Jan;76(1):75-84. doi: 10.1136/jech-2020-216029. Epub 2021 Jul 29. PMID: 34326183; PMCID: PMC8666814.

Beran, D., Besançon, S., Ewen, M., Gale, E. A., Lazo-Porras, M., Lepeska, M., Lipska K., **Zafra-Tanaka JH**, Zhaparova A., Yudkin, J. S. (2022). Diabetes and the WHO Model List of Essential Medicines. The Lancet Diabetes & Endocrinology, 10(1), 17-18.

Zafra-Tanaka, J. H., Beran, D., Vetter, B., Sampath, R., & Bernabe-Ortiz, A. (2021). Technologies for Diabetes Self-Monitoring: A Scoping Review and Assessment Using the REASSURED Criteria. Journal of Diabetes Science and Technology, 1932296821997909.

Bernabé-Ortiz, A., **Zafra-Tanaka, J. H.**, Moscoso-Porras, M., Sampath, R., Vetter, B., Miranda, J. J., & Beran, D. (2021). Diagnostics and monitoring tools for noncommunicable diseases: a missing component in the global response. Globalization and Health, 17(1), 1-5.

Zafra-Tanaka, J. H., Miranda, J. J., Gilman, R. H., Checkley, W., Smeeth, L., & Bernabe-Ortiz, A. "Obesity markers for the prediction of incident type 2 diabetes mellitus in resource-poor settings: The CRONICAS Cohort Study." Diabetes Research and Clinical Practice 170 (2020): 108494.

Alarcon-Ruiz, C. A., Heredia, P., **Zafra-Tanaka, J. H.**, & Taype-Rondan, Á. "Motivos para la elección y preferencias de la especialidad médica en médicos generales del Perú." Acta Médica Peruana 37.3 (2020): 284-303.

Zafra Tanaka, Jessica Hanae, Janeth Tenorio-Mucha, and Janina Bazalar-Palacios. "Asociación entre índice de ruralidad y satisfacción laboral en médicos y enfermeros de Perú." Revista Cubana de Salud Pública 46 (2020): e1414.

Chambergo-Michilot D, Tellez WA, Becerra-Chauca N, **Zafra-Tanaka JH**, Taype-Rondan A. Text message reminders for improving sun protection habits: A systematic review. PLoS One. 2020;15(5):e0233220. doi: 10.1371/journal.pone.0233220. eCollection 2020. PubMed PMID: 32428021; PubMed Central PMCID: PMC7236986.

Zafra-Tanaka, J. H., Tenorio-Mucha, J., Villarreal-Zegarra, D., Carrillo-Larco, R., & Bernabe-Ortiz, A. (2020). Cancer-related mortality in Peru: Trends from 2003 to 2016. PLoS One, 15(2), e0228867.

Fernandez-Chinguel, J. E., Goicochea-Lugo, S., Villarreal-Zegarra, D., Taype-Rondan, A., **Zafra-Tanaka, J. H.** (2020). Acupuncture for major depressive disorder: A review of the recommendations stated at clinical practice guidelines. Complementary Therapies in Medicine, 49, 102321.

Zafra-Tanaka JH, Carrillo-Larco RM, Bernabe-Ortiz A, Irazola VE, Danaei G, Miranda JJ. Training opportunities for noncommunicable diseases research in Latin America: A scoping review. Revista panamericana de salud publica = Pan American journal of public health. 2019;43:e68

Zafra-Tanaka JH, Pacheco-Barrios K, Inga-Berrosapi F, Taype-Rondan A. Self-perceived competencies in the diagnosis and treatment of mental health disorders among general practitioners in Lima, Peru. BMC Med Educ. 2019 Dec 16;19(1):464. doi: 10.1186/s12909-019-1900-8. PubMed PMID: 31842855; PubMed Central PMCID: PMC6916154.

Soto-Becerra R, **Zafra-Tanaka JH**, Goicochea-Lugo S, Alarcon-Ruiz CA, Pacheco-Barrios K, Taype-Rondan A, et al., editors. Guía de práctica clínica para el manejo de pacientes con fibrilación auricular en el Seguro Social del Perú (EsSalud). Anales de la Facultad de Medicina; 2019: UNMSM. Facultad de Medicina.

Yanque-Robles O, **Zafra-Tanaka JH**, Taype-Rondan A, Arroyo-Campuzano JE, Rosales-Cerrillo CH, Mucha J, et al. Guía de práctica clínica para la prevención y manejo del parto pretérmino en el Seguro Social del Perú (EsSalud), 2018. Acta Médica Peruana. 2019;36(1):46-56.

Zafra-Tanaka JH, Goicochea-Lugo S, Villarreal-Zegarra D, Taype-Rondan A. Characteristics and quality of clinical practice guidelines for depression in adults: a scoping review. BMC Psychiatry. 2019;19(1):76.

Zafra-Tanaka JH, Pacheco-Barrios K, Tellez WA, Taype-Rondan A. Effects of dog-assisted therapy in adults with dementia: a systematic review and meta-analysis. BMC psychiatry. 2019 Dec;19(1):41.

Zafra-Tanaka JH, Hurtado-Villanueva ME, del Pilar Saenz-Naranjo M, Taype-Rondan A. Self-perceived competence in early diagnosis of cervical cancer among recently graduated physicians from Lima, Peru. PloS one. 2018 Sep 12;13(9):e0203778.

Owolabi MO, Yaria JO, Daivadanam M, Makanjuola AI, Parker G, Oldenburg B, Vedanthan R, Norris S, Oguntoye AR, Osundina MA, Herasme O, Lakoh S, Ogunjimi LO, Abraham SE, Olowoyo P, Jenkins C, Feng W, Bayona H, Mohan S, Joshi R, Webster R, Kengne AP, Trofor A, Lotrean LM, Praveen D, **Zafra-Tanaka JH**, Lazo-Porras M, Bobrow K, Riddell MA, Makrilakis K, Manios Y, Ovbiagele B. Gaps in Guidelines for the Management of Diabetes in Low- and Middle-Income Versus High-Income Countries-A Systematic Review. Diabetes Care. 2018 May;41(5):1097-1105. doi: 10.2337/dc17-1795. Review. PubMed PMID: 29678866; PubMed Central PMCID: PMC5911785.

Vasquez-Quiroga J, Taype-Rondan A, **Zafra-Tanaka JH**, Arcana-Lopez E, Cervera-Caballero L, Contreras-Turin J, et al. [Clinical practice guideline for the evaluation and management of upper gastrointestinal bleeding for the Peruvian Social Security (EsSalud)]. Revista de gastroenterología del Perú : organo oficial de la Sociedad de Gastroenterología del Perú. 2018;38(1):89-102

Veramendi-Espinoz LE, **Zafra-Tanaka JH**, Pérez-Casquino GA, Córdova-Calderón WO. Diagnostic Delay of Primary Immunodeficiencies at a Tertiary Care Hospital at Peru – Brief Report. J Clin Immunol. 2017;37(4):383-387.

Zafra-Tanaka JH, Ticona-Chavez E. Estigma relacionado a VIH/SIDA asociado con adherencia al tratamiento antirretroviral en pacientes de un hospital de Lima, Perú, 2014. Peru Med Exp Salud Publica. 2016;33(4): 625-32.

Books

Carrillo-Larco, R. M., Bracco, P. A., Bernabe-Ortiz, A., Lazo-Porras, M., **Zafra-Tanaka, J. H.**, Tenorio-Mucha, J., Bello-Chavolla O.Y. & Beran, D. (2023). Diabetes Management in Latin America. In: Rodriguez-Saldana, J. (eds) The Diabetes Textbook. Springer, Cham. https://doi.org/10.1007/978-3-031-25519-9_18

Academic teaching experiences

Universidad Científica del Sur

2021 -

Masters in Epidemiology

I have participated as a teacher for the “Clinical trials” course and led the “Introduction to clinical practice guidelines” course. My activities consist of preparing the lectures, reviewing students’ homework and coordination of the course activities.

Universidad Peruana Cayetano Heredia

2018 - 2021

Masters in Epidemiology

I have participated as a teaching assistant for the Biostatistics course in year 2018 and an invited professor for the Research methodology course from 2019 to date. My activities consist of reviewing students’ homework and thesis and providing feedback.

Universidad Peruana Cayetano Heredia

2020

Research methodology course for undergraduate students

I’m currently an invited professor in the research methodology course and I guide students’ who are conducting systematic reviews.

Universidad Peruana Cayetano Heredia

2019

Diploma on Clinical Research

I have organized and conducted critical appraisal workshops using the risk of bias tools within the Systematic Reviews’ modules.

Universidad Nacional Mayor de San Marcos

2019 – 2021

Applied Statistics for Health Sciences

I have been honored to be invited as a professor in the XVII, XVIII and XIX editions of the course and I gave lectures on bivariate analysis.

EVISALUD Evidencias en Salud

2018 - 2022

I work with a team of researchers on the conception, elaboration and coordination of evidence-based courses. We have conducted different courses: Evidence-based medicine, Critical appraisal of randomized controlled trials and systematic reviews, Developing of clinical practice guidelines and Statistical analysis with Stata for the Social Security, Universidad Católica los Ángeles de Chimbote, and the general public.

Other teaching experiences

Given that I’m a past member of the students’ scientific association of my university, I donate time to guide students on data analysis or manuscript writing. I also review and provide feedback on study protocols when they participate in students research contests.

Presentations online

I donate part of my time and give free lectures on research methodology and evidence-based medicine to medical students from different universities. Some of the classes have been recorded and uploaded:

- Effect size. Lecture for Universidad Nacional del Centro del Perú:
https://www.youtube.com/watch?v=Jt2v1O2_WNs
- Data analysis plan. Lecture for Universidad Nacional del Centro del Perú -
<https://www.facebook.com/watch/?v=670708923475256&extid=N3frf9pDpOkSF648>
- Variable operationalization and data collection methods. Lecture for Sociedad Científica San Fernando. Universidad Nacional Mayor de San Marcos:
<https://www.facebook.com/watch/?v=280359616507931&extid=KUaySSLcdwzg3q8f>
- Bivariate analysis with Stata. Lecture for Sociedad Científica San Fernando. Universidad Nacional Mayor de San Marcos:
<https://www.facebook.com/CPCSCSF/videos/3311742452248498>
- Levels of evidence in Clinical Practice Guidelines. Lecture for Sociedad Científica San Fernando. Universidad Nacional Mayor de San Marcos:
<https://www.facebook.com/CPCSCSF/videos/383672776205934>
- Impact of COVID19 on access to health care for T1DM. Lecture for: Asociación Científica de Estudiantes de Medicina de la Universidad Católica Santo Toribio de Mogrovejo (ASOCIEM USAT) y la Sociedad Científica Médico Estudiantil Peruana (SOCIMEP): <https://www.facebook.com/socimep1/videos/389484298942886>

Languages and others

Languages: Spanish (native), English (advanced), French (fluent)

Programs: Stata (intermediate), R (beginner)