

Integrative Certificate Program

2023-2024 Physician Graduates



- Aldo Alleva, MD, Family Medicine
- Laura Castellanos Reyes, MD, Pediatrics
- Sona Dave, MD, Pediatrics
- Robert Dicker, MD, Child Psychiatry
- Carolyn Fein Levy, MD, Pediatrics
- Kesha Guerrier, MD, Family Medicine
- Renu Hausen, MD, Radiation Oncology
- Lawrence Hecker, MD, Cardiology
- Khalida Itriyeve, MD, Pediatrics
- Dina Katz, MD, Cardiology
- Adrita Khan, MD, Pediatrics
- Christina Kwon, MD, Obstetrics and Gynecology
- Benjamin Metzger, MD, Concierge Medicine
- Veronica Rojas, MD, Obstetrics and Gynecology
- Nagashree Seetharamu, MD, Medical Oncology
- Biana Trost, MD, Cardiology
- Gabriella Wernicke, MD, Radiation Oncology
- Heather Zinkin, MD, Radiation Oncology

2023-2024 Projects

Knowledge, self-utilization, recommendation patterns and interest in dietary supplements and herbal medications among health care providers.

Presented by: Biana Trost, MD, Dina Katz, MD, Renu Hausen, MD, Nagashree Seetharamu, MD

Through a questionnaire administered through RedCap, we captured self-use, prescription practices, and knowledge regarding supplements amongst health professionals enrolled in the 2023-2024 Integrative Certificate Program. We noted that both self-use and recommendation rates of supplements were high in this group. However, the level of understanding of the topic was relatively low. There was a huge interest in attending a course or another educational forum dedicated to health supplements.

Concorde Spirit Weeks!

Presented by: Christina Kwon, MD

We recently moved the Concorde Medical Group Gynecology unit from the 9th floor of our building to our current office space on the 8th floor. We had previously shared the 9th floor with several other Concorde Medical Group physicians. Although we did not move far away, we all miss the presence and the camaraderie that being together on one floor provided.

I wanted to organize an easy and fun way for us to feel connected with each other, even those within the same office. Having seen the enthusiastic response that a small bit of organizing brought to our offices for dressing in costume for Halloween, I thought this would be a perfect way to bring an easy way for our offices to feel unified and spirited.

Project Goal: I will come up with “Theme Days” that will be voluntary for people to dress up our usual office apparel. This will happen once a month. A photo will be taken of those who are participating in the “Theme Day” dress. This can be submitted to our Concorde-wise newsletter to further spread office spirit. There will also be “Action Days” which will propose a small action (ie: do a favor, show patience) that people can participate in. This will be more in spirit than action which can be documented, although some of the actions may be measurable.

The Theme Days and Action Day will each happen once a month, alternating approximately every two weeks. To keep participation lively, I will have a lottery drawing for a prize at the end. Participation in each of the Theme and Action Days will earn a lottery ticket for the drawing.

The work involved will be in coming up with the dressing Themes as well as appropriate Actions. In addition, organizing a calendar of dates and emails to introduce them will take the majority of time. I am hoping that a small amount of organizing effort on my part will provide some fun and morale-raising activities for the people within my extended work-life family.

2023-2024 Projects

Using reflexology to improve pain and anxiety among healthcare workers

Presented by: Heather Zinkin, MD

Reflexology has benefits for pain, mental health, sleep, fatigue, constipation, and others. We are fortunate to have funding for a holistic nurse a full day every week to offer reflexology to all breast cancer patients undergoing radiotherapy. This service has been very well received by patients and so this study sought to determine whether reflexology could also reduce pain and anxiety for the staff.

Benefits of a plant-based diet

Presented by: Benjamin Metzger, MD, Lawrence Hecker, MD, Gabriella Wernicke, MD

Our goal was to inform our office staff of the benefits of a plant-based diet. We also wanted to educate the staff on how to introduce a plant-based diet into their current daily routine. We used a combination of in-person, live Zoom, and recorded talks presenting a series of topics to our staff.

Wellness In Action for Family Medicine

Kesha Guerrier, MD and Aldo Alleva, MD

This project is to create an Integrative Medicine curriculum for Family Medicine Residents that will introduce the tenets of integrative medicine and services available to the Center for Wellness and Integrative Medicine at Northwell. Our Project will also equip Family Medicine Physicians with the knowledge and skills necessary to incorporate integrative approaches into their personal life as well as their clinical practice. We will also institute quarterly mindfulness retreat sessions for the Family Medicine Service Line Administrative Team and Executive Council.

Introduce Mindful Mindsets for OB/GYN Residents

Veronica Rojas, MD

The objective of the project was to introduce mindfulness techniques to SSUH OB/GYN residents to improve wellness. ACOG dedicates a week in February to wellness. An evening wellness session was held that week at a faculty member's house during which a survey was administered to assess a baseline level of wellness/mindfulness activities. Techniques discussed were pre-workday stillness/meditation, goal setting, as well as setting daily intentions. The survey was repeated 6 weeks later. This fun event for residents outside of the hospital setting appeared to increase the use of mindfulness exercises 6 weeks later and can be part of the strategies used to help residents handle the stress levels of residency.

2023-2024 Projects

3- Minute Mindfulness for Our Pediatric Pals

Presented by: Sona Dave, MD, Robert Dicker, MD, Carolyn Fein Levy, MD, Khalida Itriyeve, MD, Adrita Khan, MD, Laura Castellanos Reyes, MD

The objective of our project was to mitigate physician burnout by instituting department-wide, regular mindfulness exercises, and refocusing our mindset to manage work stressors. We initiated a strategic wellness intervention, thoughtfully crafted to integrate seamlessly into the existing framework of our daily schedules, specifically during pre-scheduled division meetings. We introduced 3-minute meditation sessions aimed at promoting mindfulness and alleviating stress among our faculty members. The meditation sessions were expertly guided by our team members who acquired this technique through the Integrative Certificate Program (ICP).

To measure the impact and effectiveness of this intervention, we employed a RedCap Survey designed to capture the emotional state of participants, administered in real-time immediately before the initiation of our first meditation session and then again following the conclusion of our third session.