



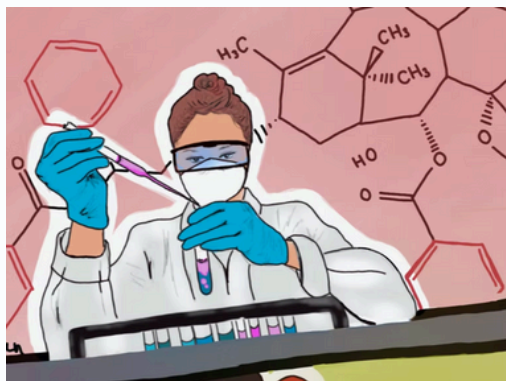
MARCH 26, 2025

CORNELL  
**HEALTHCARE  
REVIEW**

## CHR NEWSLETTER VOL. 1

WELCOME TO OUR

# Monthly Newsletter!



### WHAT'S INSIDE...

- Event highlights
- Member spotlights
- Fall '24 awards
- Spring '25 issue updates
- And more...

Read to find out!

**STAY CONNECTED  
THROUGH OUR INSTAGRAM  
AND WEBSITE!**



@cuhealthcarereview

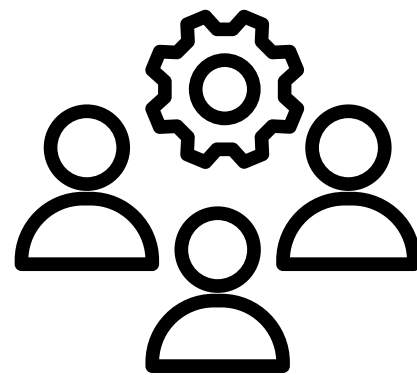
[cornellhealthcarereview.org](https://cornellhealthcarereview.org)

### KEEP AN EYE ON UPCOMING DEADLINES:

1. **Writers** – Second draft due:  
4/4 at 11:59 PM
2. **Editors** – Second round edits due:  
4/14 at 11:59 PM
3. **Artists** – Final pieces due:  
4/21 at 11:59 PM

## Meet the team!

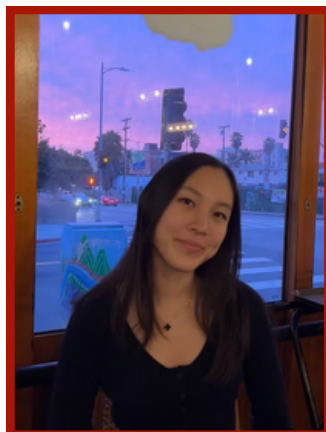
We are excited to introduce the CHR executive board for the Spring '25 Publication!  
For more information about our team, visit the E-board Spotlight on Instagram or the "Our Team" tab on our website.



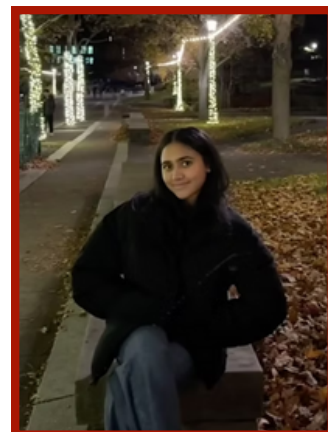
PRESIDENT



PRESIDENT



VP EDITING



VP PUBLISHING



VP PUBLISHING



VP OUTREACH



ARTS EDITOR



ARTS EDITOR



SPEAKER SERIES  
COORDINATOR



SECRETARY



PUBLICITY CHAIR



TREASURER





# Semester Events

## INTRODUCTORY WORKSHOP AND SOCIAL!

To highlight two of our past events that occurred this semester, we had an introductory workshop where writers, editors, and artists learned about the responsibilities that come with their position. Additionally, everyone was able to meet their team members and discuss the topic they would be working on throughout this publication season.

We also had a workshop social that comprised of a chill work session alongside snacks. The cookies were delicious! Thank you to everyone who attended, and please keep a look out for more event postings. As a reminder, all CHR members who want to be considered for the SP25 Print Issue must attend at least 1 social and speaker panel!

## FIRST SPEAKER PANEL HIGHLIGHT

While we were not able to meet Dr. Rebecca Kellner, one of her colleagues stepped in to tell her story! Thank you, Steven!

Dr. Kellner is an Ophthalmology resident in New York City and a graduate of the University of Pennsylvania and the Icahn School of Medicine at Mt. Sinai. She is the creator and lead instructor for Draw Medicine, a program that teaches pre-med students how to draw pathologies and procedures for patients to improve communication and patient health literacy.

# Member Spotlight:

THIS MONTH, WE ARE SHINING A LIGHT ON SELECT MEMBERS AND THEIR CURRENT CONTRIBUTIONS TO CHR!

1

## Carla Hu

Human Biology, Health, and Society '26

Carla joined CHR due to her passion for writing and art, combined with her interest in healthcare, particularly geriatrics. Over the past four semesters as a writer and two semesters as an artist, Carla has found CHR to be a unique and meaningful experience. She enjoys collaborating with other members to create cohesive and thought-provoking articles. Carla encourages new members to explore their curiosity about healthcare topics, no matter how obscure they may seem—you never know where inspiration might strike!



### Excerpt from “The Fight Against the Privatization of Nursing Homes”

The number of nursing homes has been declining, while the number of older adults in need of long term care continues to rise. From 2015 to 2024, the number of nursing homes decreased by 5%, while the number of senior citizens increased from 46.2 million to 58 million people [4, 5]. Furthermore, there has been an increase in the average number of deficiencies per nursing home [4]... The older adults in rural communities are leading town halls and call centers to support political candidates who promise to protect public nursing homes from being bought by healthcare companies with records of fines and deficiencies [6]... According to the NIH, public, non-profit-run nursing homes provide

higher-quality care, shown by fewer physical restraint used and less deficiencies in governmental regulatory assessments [9]. Therefore, regulatory changes to improve accountability could include policies to improve transparency regarding who owns nursing homes by mandating ownership to be disclosed [6]. Furthermore, consulting with residents when unpredictable cost-cutting measures that compromise care and staffing stability are planned can prevent inadequacies in care from occurring [6, 7]. Therefore, it is imperative for us to understand problems in many nursing homes and encourage residents' advocacy.

Carla argues for regulatory changes to improve accountability, such as policies that mandate transparency in nursing home ownership and involve residents in deciding cost-cutting measures to compromise care. Her work highlights the importance of understanding the challenges facing nursing homes and supporting resident advocacy to ensure better geriatric care.



# Member Spotlight:

THIS MONTH, WE ARE SHINING A LIGHT ON SELECT MEMBERS AND THEIR CURRENT CONTRIBUTIONS TO CHR!

2

## Jannatul Mina

Biological Sciences '27

Mina joined CHR to merge her passion for writing with her interest in healthcare and medicine. She has found CHR to be a perfect platform to engage with both fields while appreciating their unique nuances. Serving as both a writer and editor, Jannatul has gained valuable insight into the publication process, which has significantly enhanced her writing and critical thinking skills. She describes her CHR experience as deeply rewarding and encourages others to explore the intersection of healthcare and storytelling.



### Excerpt from "The US Breaks Up With the WHO: Isolation or Independence?"

The U.S. is one of the largest contributors to the WHO's funds, providing approximately 15% of the organization's budget [6]. Thus, this withdrawal will tremendously jeopardize the ability of the WHO to prioritize these marginalized populations and their unique health issues. This also sends a very concerning message about what populations the nation cares about. The current

administration seems to focus on the health of certain groups more than others, perpetuating systemic healthcare disparities. The "America First" attitude is now deteriorating the health of neighboring countries. Does the U.S., as a leading global power, now have the moral responsibility to support the health of those beyond our borders?

Mina's article highlights the World Health Organization's (WHO) significant contributions to improving healthcare for marginalized groups, particularly mothers and those affected by HIV. Initiatives like the Department of Reproductive Health and the Global HIV Programme have reduced maternal mortality and increased access to HIV prevention and treatment. However, the U.S. withdrawal from the WHO threatens these efforts, as the U.S. contributes 15% of the WHO's budget. Jannatul argues that this decision not only jeopardizes global health progress but also reflects a troubling prioritization of certain groups over others, perpetuating systemic disparities.

# Member Spotlight:

THIS MONTH, WE ARE SHINING A LIGHT ON SELECT MEMBERS AND THEIR CURRENT CONTRIBUTIONS TO CHR!

3

## Ellie Altman

Human Biology, Health, and Society '28

Ellie joined CHR this semester as a freshman writer and editor, drawn to the club after discovering its diverse range of health-related topics at Club Fest. Flipping through past newsletters, she was inspired by the engaging and educational content, realizing CHR was the perfect opportunity to explore her curiosity about healthcare. Ellie describes CHR as a space where she can dive into topics she's passionate about while learning and growing as a writer and editor.



### Excerpt from "The Secret to Healthcare Career Satisfaction"

"Burnout doesn't just affect physicians—it also impacts the quality of care and patient safety. Medical errors and patient mortality rates increase with higher levels of emotional exhaustion among physicians. Furthermore, between 2011 and 2013, each 1-point decrease in job satisfaction was associated with a 67% higher likelihood of reduced professional effort. This decline in productivity is estimated to be equivalent to eliminating the graduating classes of seven medical schools. For a healthcare

system that is already struggling to meet access needs, these numbers are alarming. Studies also show a strong link between burnout and career fit. Physicians who spend less than 20% of their work on activities that feel personally meaningful are 275% more likely to experience burnout. This suggests that pursuing a medical specialty that aligns with one's personal interests and passions is crucial to reducing burnout and improving job satisfaction."

Ellie's article explores the critical issue of physician burnout and its impact on both healthcare providers and patients. She highlights how burnout leads to increased medical errors, higher patient mortality rates, and reduced professional effort, which strains an already overburdened healthcare system. Ellie emphasizes the importance of career fit, noting that physicians who perform less meaningful work are significantly more likely to experience burnout. Her work outlines the need for systemic changes to address burnout, improve job satisfaction, and ensure better care for patients.

## Fall '24 Publication Information!

The Fall '24 publication is ready for viewing online. Be sure to find your piece and read others' work on the website!

## Highlights from Fall '24

### Outstanding Artist Awards:

LAUREL WHIDDEN  
AMBER BRISCOE



**Laurel Whidden**

"The Art of Humanities for Good Public Health"



**Amber Briscoe**

"Kombucha, Kimchi, and Kefir:  
The Fermented World"



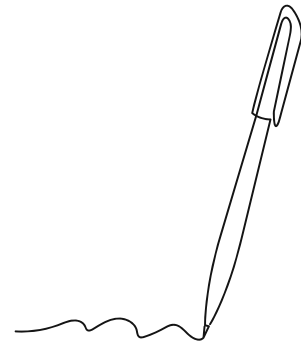
**Amber Briscoe**

"Perception of Illness in  
Asian American Culture"



## Outstanding Writer Awards:

SAKI KURAMOTO  
SHREE MANIVEL



### THE SILENT VOICES OF YOUNG CARERS

Saki Kuramoto

“As a three-year-old, she ran errands at the grocery store. She rewashed the dishes washed by her mother. She rarely had memories of her teen years with her friends.

‘I found myself being able to do all the chores that a mother would ordinarily do. [1]’

This is the story of Yui Takahashi, whose youth was all about taking care of her mother with a brain disorder and her father with a physical disability [2]. Yui, now 22, has recently realized that she was a young carer.”

[Read more here!](#)

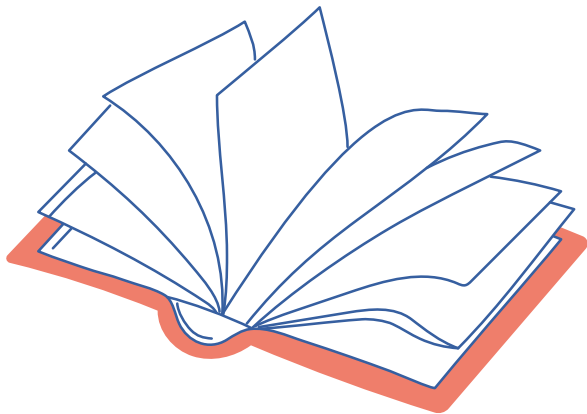
### VOTING: A PRESCRIPTION FOR HEALTHIER COMMUNITIES

Shree Manivel

In the United States, your zip code can predict your lifespan more accurately than your genetic code. But what if your voter registration card could be the key to changing that?

Regardless of political affiliation or whether an election is at the federal, state, or local level, research consistently demonstrates a strong correlation between voter participation and community health outcomes. A comprehensive study by Brown et al. (2020) found that states with higher civic engagement tend to report better overall health outcomes [1]. Similarly, research by Hassell (2020) indicates that political participation is intrinsically linked to health outcomes across communities [2].

[Read more here!](#)



## Outstanding Editor Awards:

SAM JACOBSON  
ASHLEY PARK

# Topics highlighted for Spring '25

CHR MEMBERS ARE EXPLORING A VARIETY  
OF TOPICS...

Ethics and Equity in Healthcare  
Healthcare Policy and Reform  
Mental Health and Psychology  
Cultural and Social Determinants of Health  
Emerging Trends and Innovation  
Rare Diseases and Specialized Medicine  
Global Health and Disparities  
Technology and Innovation in Healthcare  
Nutrition and Lifestyle  
Women's Health and Reproductive Rights  
Disability and Special Needs

## A reminder to stay connected:

Don't miss out on important updates! Follow us on Instagram **@cuhealthcarereview** for the latest news, events, and opportunities related to CHR. Please reach out to us if you have any questions at **cuhealthcarereview@gmail.com**.

