

PROMOTION RECOMMENDATION
THE UNIVERSITY OF MICHIGAN
MEDICAL SCHOOL
DEPARTMENT OF NEUROLOGY
SCHOOL OF PUBLIC HEALTH
HEALTH EDUCATION AND BEHAVIOR

Lesli Skolarus, M.D., M.S., associate professor of neurology, with tenure, Department of Neurology, Medical School, and associate professor of health education and behavior, without tenure, Department of Health Education and Behavior, School of Public Health, is recommended for promotion to professor of neurology, with tenure, Department of Neurology, Medical School, and professor of health education and behavior, without tenure, Department of Health Education and Behavior, School of Public Health.

Academic Record:

M.S.	2010	University of Michigan
M.D.	2004	Wayne State University
B.A.	2000	University of Michigan

Professional Record:

2018-Present	Associate Professor of Health Behavior Health Education, University of Michigan
2016- Present	Associate Professor of Neurology, University of Michigan
2011- 2016	Assistant Professor of Neurology, University of Michigan
2009-2011	Clinical Lecturer of Neurology, University of Michigan

Summary of Evaluation:

Teaching: Dr. Skolarus participated in the Medical School's doctoring course, a four-year longitudinal course designed to provide the foundation for students' growth and development into thoughtful, compassionate and skilled physicians. Throughout her career, she has mentored three undergraduate students, nine graduate students, four medical students, and four fellows. Since 2014, she has led the weekly Multidisciplinary Cerebrovascular Disease Case Conference which promotes co-learning among faculty, fellows and residents in neurology, neurosurgery, and neuro-interventional radiology. Dr. Skolarus is the chair of the American Heart Association Minority Affairs Council and chaired the High School Outreach Program serving 50 students from underrepresented groups in medicine to join the International Stroke meeting and receive specific programming.

Research: Dr. Skolarus' academic activity centers on promoting stroke equity through community engagement, behavioral, and mobile health trials, and health services research. This research has significant implications, because stroke is highly prevalent, disproportionately impacts Black Americans, and has far reaching consequences on patients, caregivers and health systems. Her principal investigator projects have involved a variety of methodologies, including community based participatory research, measure development, implementation science, mobile health behavioral interventions, wearable health behavioral interventions, and health services research.

In the early stages of her career, Dr. Skolarus defined variation in acute stroke treatment rates; time limited treatments that dramatically reduce post-stroke disability. Her research found that some communities treated about 10% of stroke patients, while others did not treat any stroke patients. This missed opportunity to reduce post-stroke disability has substantial public health ramifications. Dr. Skolarus, along with her Flint community partners, have spent the last nine years developing, piloting and now testing at scale, Stroke Ready, a health behavior theory based, peer-led behavioral intervention to reduce pre-hospital delay, a major driver of acute stroke treatment underutilization. If successful, Stroke Ready could serve as a model for other communities dedicated to reducing post-stroke disability. Dr. Skolarus and her team are testing two mobile health interventions, a text-messaging based intervention, and a wearable app based just-in-time adaptive intervention, to reduce blood pressure and reduce disparities in blood pressure in the Flint and Ann Arbor communities. The other portion of her research portfolio is centered on using health services research approaches to identify modifiable risk factors that contribute to the observed racial differences in post-stroke disability. Using data from the national health and aging trends study (NHATS), they found that location and intensity of post-stroke rehabilitation does not drive the observed differences. They are now exploring the role of care preferences. As a result, of her work to promote stroke equity, Dr. Skolarus was awarded the 2017 Derek Denny-Brown Young Neurological Scholar Award in Clinical Science, that is given to faculty who have made outstanding scientific advances in their mid-careers. Dr. Skolarus and her community partner were the inaugural recipients of the Healthy Flint Research Coordinating Center Community-Academic Partnership award. Her research has been well-funded through the National Institutes of Health, and the American Heart Association.

Recent and Significant Publications:

Meurer WJ, Dinh M, Kidwell KM, Flood A, Champoux E, Whitfield C, Trimble D, Cowdery J, Borgianni D, Montas S, Cunningham R, Buis LR, Brown D, Skolarus LE: Reach out behavioral intervention for hypertension initiated in the emergency department connecting multiple health systems: study protocol for a randomized control trial. *Trials* 21(1): 456, 2020.

Burke JF, Feng C, Skolarus LE: Divergent poststroke outcomes for black patients: Lower mortality, but greater disability. *Neurology* 93(18): e1664-e1674, 2019.

Price RJ, Brenner AB, Lin CC, Burke JF, Skolarus LE: Two million stroke survivors utilize medical visit companions: The other person in the room? *Neurology* 93(20): 899-901, 2019.

Skolarus LE, Sales AE, Zimmerman MA, Corches CL, Landis-Lewis Z, Robles MC, McBride AC, Rehman N, Oliver A, Islam N, Springer MV, O'Brien A, Bailey S, Morgenstern LB, Meurer WJ, Burke JF: Stroke Ready: a multi-level program that combines implementation science and community-based participatory research approaches to increase acute stroke treatment: protocol for a stepped wedge trial. *Implement Sci* 14(1): 24, 2019.

Skolarus LE, Feng C, Burke JF: No Racial Difference in Rehabilitation Therapy Across All Post-Acute Care Settings in the Year Following a Stroke. *Stroke* 48(12): 3329-3335, 2017.

Service: Dr. Skolarus is the director of the National Institute of Neurologic Diseases and Stroke (NINDS)/American Neurological Association's career development symposium. This annual

event brings together all of NINDS K-awardees annually to support their science and career trajectory. She is also an ad-hoc reviewer for NINDS' Neurological Sciences Training study section. She was also appointed to the American Neurological Association's board of directors, is establishing an Inclusion/Diversity/Equity/Anti-racism/Social justice taskforce within the American Neurological Association, and will be hosting a social justice forum at the annual meeting. Dr. Skolarus is the chair of the American Heart Association's Stroke Council Minority Affairs Committee, and was recently appointed to chair the Department of Neurology's diversity, equity and inclusion promotion and retention committee. She is a member of the Institute for Health Policy and Innovation's Workforce Diversity in Healthcare Steering Committee. Dr. Skolarus has served on the department's Resident Selection Committee, and Clinical Core Competency Committee.

External Reviewers:

Reviewer A: "Dr. Skolarus is an accomplished clinical and health services researcher in stroke neurology, who has dedicated her career to addressing health disparities in stroke care in underserved populations."

Reviewer B: "Her research excellence was recognized with the very prestigious Derek Denny-Brown Young Neurological Scholar Award from the American Neurological Association (ANA): I will point out that this is a tremendous achievement for anyone, but no one in the history of this award (before Dr. Skolarus) has received it for research in the field of Health Services Research, nor research similar to it. Her research has been impactful in the field, with over 100 peer-reviewed manuscripts, including multiple papers in high-impact journals within the field such as Stroke and Neurology."

Reviewer C: "Dr. Skolarus has exhibited an established commitment to research with a sustained record of exceptional extramural funding including grant awards from the National Institutes of Health (NIH) and the American Heart Association (AHA)...She is an excellent physician, educator, and researcher. In a nutshell, Lesli is a 'star.' She has a substantiated record of productivity, mentoring and extramural funding."

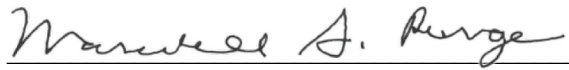
Reviewer D: "She is considered one of the stroke leaders in community-based participatory research (CBPR)...Her publication on CBPR (Skolarus LE et al, Stroke. 2011) was an 'instant classic' and one I have often cited...She has been recognized for her contributions by being invited to serve on study sections...she has also been invited to give many lectures nationally and internationally."

Reviewer E: "I believe that her contributions to the field are very impactful...Her *publication record* includes over 100 peer reviewed publications, with half having her as a first or senior author. Moreover, I count 50 peer-reviewed papers since 2016 when she was appointed at the Associate Professor level."

Summary of Recommendations:

Dr. Skolarus continues to set herself apart from her peers with her continued contributions in the field of stroke medicine. She has led the development of the Stroke Ready program, and has been an outstanding mentor to up and coming physicians in the field through her involvement with both

the residency and fellowship programs in the Department of Neurology. I am pleased to recommend Lesli Skolarus, M.D., M.S. for promotion to professor of neurology, with tenure, Department of Neurology, Medical School, and professor of health education and behavior, without tenure, Department of Health Behavior and Education, School of Public Health.



Marschall S. Runge, M.D., Ph.D.
Executive Vice President for Medical Affairs
Dean, Medical School



F. DuBois Bowman, Ph.D.
Dean, School of Public Health

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