

OECM Winter 2025 Newsletter

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Division Retreat



On October 28, 2025, OECM held a retreat at the Zuckerberg San Francisco General (ZSFG) Learning Center. Faculty, staff, and residents came together for a day of professional growth and connection, engaging in CliftonStrengths assessments, and team-building activities. The retreat fostered a stronger sense of unity and collaboration across our division, leaving participants feeling more connected and aligned in our collective mission.



Announcements

OECM Continuing Medical Education 2026



The OECM CME Course will be held on March 5 - 6th, 2026 at the San Francisco Marriott Fisherman's Wharf Hotel. Please click on the "Register Now" button to receive a discounted price until **Saturday, January 24, 2026**.

Hotel Reservation:

A block of guestrooms has been reserved at the special UCSF conference rate of **\$159/night**. You are urged to make your reservations early. The cut-off date is **February, 5th, 2026**, or until the group room block is filled. After this date, rooms will be provided on a space-availability basis only.

To make hotel reservations online, [click here to access the group rate](#). If you prefer to telephone in your reservation, call reservations at (800) 228-9290 or (415) 775-7555. Please identify yourself as a member of this UCSF conference to receive the special rate.

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.

[Click here to download the conference brochure.](#)

[Register Now](#)

Alice Hamilton Lecture 2026

We are delighted to announce that this year's Alice Hamilton Lecture will be held on March 3rd, 2026 at 12:00 PM - 1:00 PM. The speaker for this year's Alice Hamilton Lecture is Dr. Robert Harrison MD, MPH.

Please join us in-person. There will be a reception following the lecture.

More details to come soon!

[Alice Hamilton Lecture](#)

Dr. Robert Harrison interviewed by CBS



Dr. Robert Harrison gave an interview for CBS News 3 about toxic fumes on airplanes that affects the health of passengers and crew members



Clinic Spotlight: ZSFG OHS



Zuckerberg San Francisco General Hospital (ZSFG) Occupational Health Services is a comprehensive program designed to support the health and safety of various City and County of San Francisco (CCSF) employees. The service has two primary subdivisions: the Occupational Health Clinic and Employee Health Services. The clinic provides services to ensure employees can perform their job functions safely and are medically assessed

for workplace hazards. This includes pre-placement and promotional evaluations, Department of Transportation (DOT) exams for SFMTA operators, specialized exams for law enforcement, and medical surveillance programs for exposures like lead and asbestos. The clinic also offers hearing conservation assessments and offsite services to departments like Hetch-Hetchy and the Port of San Francisco.

Employee Health Services operates in conjunction with the hospital's Infection Control Department, focusing on infectious disease screening, surveillance, and management. This includes services like tuberculosis screening, N95 fit-testing, and immunizations for ZSFG campus employees. A critical component is the 24-hour hotline and clinical management of blood and body fluid exposures for CCSF, UCSF, and other personnel who have sustained an exposure on the ZSFG campus. The program also provides guidance and testing for staff with upper respiratory or other communicable disease symptoms. The ZSFG OHS team, comprises up to 40 providers, including physicians, nurse practitioners, an audiologist, registered nurses, licensed vocational nurses, and non-clinical, works collaboratively to ensure timely and effective occupational health care for 24 different city departments.

Medical Students and OEM residents rotate at the ZSFG OHS, during which they learn and provide occupational health services to employees of the City and County of San Francisco. These learners are exposed to classic occupational medicine topics, including hearing conservation, pre-placement evaluations, and evaluating workers' exposure to occupational infectious diseases such as aerosol transmissible diseases and blood-borne pathogens, and specialty examinations such as asbestos, silica, and Commercial Drivers, divers and peace officers.



Alumni

PROFILE



Effiem J. Abbah MD, MPH, FACP (UCSF OEM 2007)

Where are you now?

I am currently the Occupational Health Manager of the global Clinical Center of Excellence for the Medicine and Occupational Health department at ExxonMobil headquarters in Houston, Texas. I am leading the team to embrace evolving technology and AI while balancing workplace changes occasioned by company wide organizational transformation.

Do you have any achievements you would like to share?

As the inaugural chair of the medical section of the Oil Producing Trade section (OPTS) a 28-company member trade association. I led the effort to prioritize COVID vaccination for the entire oil and gas industry workforce in Nigeria, thereby saving lives and ensuring business continuity for a critical sector in the country's economy. Over 11,000 oil and gas workers were vaccinated, and timely too!

Share one memory that you have from the OEM residency program.

I have several fond memories of the OEM residency program. One that makes me smile always, has nothing to do with the program itself, but everything to do with the people in the program. It is the outpouring of care and attention I enjoyed from the team during my pregnancy and when baby Imo finally arrived. We still have a white custom hoodie towel Patty Quinlan made for Imo with his name on it! The OEM team was like family to me since I was thousands of miles from home and I will always appreciate them for that.

What advice do you have for the incoming/current residents?

Be curious and don't be afraid to explore new boundaries. The OEM team is there to support you in your career journey.

Any updates to share (e.g kids, family, other things you're doing)?

Imo, our UCSF baby, is a freshman in college! I still love traveling, reading and dancing.



Research Spotlight: Matthew Gribble, PhD, DABT



Dr. Gribble is an environmental epidemiologist and a Diplomate of the American Board of Toxicology (DABT). He leads a research program in environmental health data science that investigates the influence of climate on chemical exposures, among other themes. This research has included studies on contaminants of seafood/marine biota (both natural toxins and chemical pollution), drinking water contaminants (including arsenic affected by drought, and sodium affected by sea-level rise exacerbated saltwater intrusion), and other poisons (e.g., street drugs like cocaine, opioids, and amphetamine).

This environmental health research portfolio has included observational, modeling, and experimental studies (e.g., clinical trial research). This work has been conducted over a range of geographic settings including collaborations in North America, South America, Europe, and Asia. Over the past decade, Dr. Gribble developed a particularly close collaboration with the sovereign Sitka Tribe of Alaska. This collaboration is focused on paralytic shellfish poisoning (PSP) prevention, through public health oceanographic research. The program has measured PSP toxins in >3,300 samples collected via a regional monitoring program (coordinated by the Southeast Alaska Tribal Ocean Research consortium), and n>280 samples contributed by members of the broader regional community through the "Harvest and Hold" program for food safety testing (though it is worth noting that 69 of those samples were tested at the US National Oceanic and Atmospheric Administration during supply chain shortages in 2021-2022).

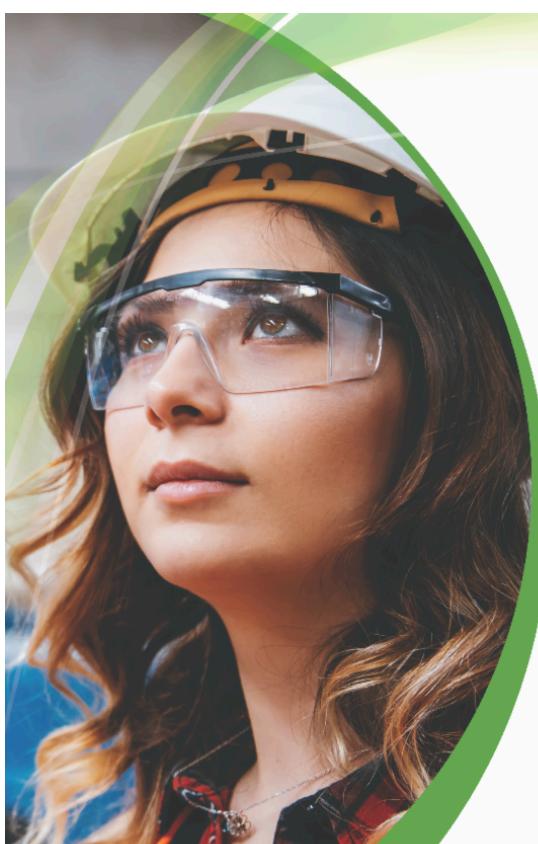
While Dr. Gribble is occasionally involved in the design of studies that will collect new data, much of Dr. Gribble's research work is observational research leveraging existing datasets, often combining separately collected datasets to address novel questions. Dr. Gribble has led secondary data analyses leveraging data from long-term human cohort studies, wildlife biomonitoring and health assessment studies, population-level vital statistics, and datasets of environmental media.

In addition to primary research studies, Dr. Gribble also has applied his training in how to identify and integrate evidence to consolidate knowledge for a variety of climate-relevant topics, including reviews on harmful algal bloom science (ciguatera poisoning and paralytic shellfish poisoning), social science of community efforts to promote environmental justice, drinking water salinity blood pressure impacts (relevant to sea-level rise and saltwater intrusion), mercury health impacts (e.g., associations with heart rate variability), and drinking water contaminants (e.g., bibliometric analysis of emerging contaminant literature).



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