

Maria Ukhanova, MD, PhD

Contact Information

1200 Pressler St. RAS E1027
Houston, TX, 77030

Maria.Ukhanova.1@uth.tmc.edu

Education

Institution	Degree	Graduation Date	Field of Study
University of Texas Health Science Center at Houston (UTHealth) Houston, TX, USA	PhD	12/2017	Public Health/Health Services Research
University of Arizona Tucson, AZ, USA	MPA	05/2012	Health and Human Services
Science-Research Institute of Ear, Nose, Throat, and Speech, St. Petersburg, Russia	*	08/2009	Otolaryngology
Pavlov First Saint Petersburg State Medical University St. Petersburg, Russia	MD	05/2007	Medicine

*: 2-year Residency training program

Professional Experience

Academic Experience

05/2024 – Present	Assistant Professor NTT Center for Health Care Data, Department of Management, Policy & Community Health, UTHealth School of Public Health, Houston, TX
02/2023 -05/2024	Research Specialist Center for Health Care Data, Department of Management, Policy & Community Health, UTHealth School of Public Health, Houston, TX
10/2019 – 01/2023	External Collaborator (remote) Department of Family Medicine, Oregon Health & Science University, Portland, OR
20/2017 – 09/2019	Postdoctoral Research Fellow Department of Family Medicine, Department of Family Medicine, Oregon Health & Science University, Portland, OR
05/2014 – 10/2017	Graduate Research Assistant Department of Management, Policy & Community Health, UTHealth School of Public Health, Houston, TX
09/2012 – 08/2013	Graduate Teaching Assistant Department of Management, Policy & Community Health, UTHealth School of Public Health, Houston, TX
05/2011 – 08/2011	Research Intern Center for Interdisciplinary Research on AIDS, Yale University, New Haven, CT
10/2009 – 08/2010	Research Fellow Science-Research Institute of Ear, Nose, Throat, and Speech, St-Petersburg, Russia

Maria Ukhanova, MD, PhD

Teaching Experience

08/2023 – 08/2024 Instructor
PH3715 Management & Policy Concepts in Public Health
Fall 2023: Online, Spring 2024: In-person, Summer 2024: Online
Department of Management, Policy & Community Health, UTHealth School of Public Health,
Houston, TX

Clinical Work Experience

10/2009 – 08/2010 Otolaryngologist MD
Science-Research Institute of Ear, Nose, Throat, and Speech, St-Petersburg, Russia

10/2009 – 07/2010 Otolaryngologist MD
Municipal Out-patient Clinic #52, St-Petersburg, Russia

09/2007 – 08/2009 Resident
Science-Research Institute of Ear, Nose, Throat, and Speech, St-Petersburg, Russia

10/2004 – 05/2007 Nurse
Department of Otolaryngology,
Pavlov First Saint Petersburg State Medical University, St-Petersburg, Russia

Research Interests

Health services and outcomes research, quality of care, patient safety, multiple chronic conditions, deprescribing, stroke post-discharge care and outcomes, claims and electronic health record data, social determinants of health, team science, clinician-researcher collaborations.

Awards/ Honors

2016-2017 Lu Ann Aday Scholarship in Management, Policy, and Community Health, UTHealth

2013-2014 Lu Ann Aday Scholarship in Management, Policy, and Community Health, UTHealth

2010-2012 Edmund S. Muskie Graduate Fellowship, U.S. Department of State's Fellowship Program

2001-2007 Pavlov First Saint Petersburg State Medical University Continuous Financial Award

Grant Funding

Active

Cross-agency Coordination on Healthcare Strategies and Measures

Project Id 0014784 | 0016521

Start / End Date 09/01/2019 - 08/31/2025

Funding Agency Texas Health & Human Services Commission (HHSC)

Proposal Status Active

Faculty Role Faculty

Total Direct Costs \$13,043,477.00

Total Indirect Costs \$1,956,522.00

Under review

Maria Ukhanova, MD, PhD

Linkage, Data Integration and Network Analysis in Cancer: Childhood All (LINC-ALL)

Start / End Date 04/01/2026 - 03/31/2031
Funding Agency National Institutes of Health/DHHS (NIH)
Proposal Status Submitted
Faculty Role Co-Investigator
Total Direct Costs \$1,708,862.00
Total Indirect Costs \$956,958.00

A Machine Learning and Simulation Approach to Multimodal Depression Treatment and Long Term AD/ADRD in Older Adults

Start / End Date 04/01/2026 - 03/31/2028
Funding Agency National Institute on Aging/NIH/DHHS (NIA)
Proposal Status Submitted
Faculty Role Co-Investigator
Total Direct Costs \$275,000.00
Total Indirect Costs \$154,000.00

Polypharmacy Use and Medication Prescribing Patterns in Alzheimer's Disease

Start / End Date 12/01/2025 - 11/30/2027
Funding Agency Texas Alzheimer's Research & Care Consortium (TARCC)
Proposal Status Submitted
Faculty Role PD/PI
Total Direct Costs \$285,834.00
Total Indirect Costs \$28,584.00

Anticholinergic Deprescribing and Risk Reduction of Alzheimer's Disease and Related Dementias

Start / End Date 10/01/2026 - 09/30/2029
Funding Agency US Department of Defense (DOD)
Proposal Status Submitted
Faculty Role Co-Investigator
Total Direct Costs \$620,097.00
Total Indirect Costs \$347,253.00

Completed

National Institute on Aging

Role: Co-Investigator 09/17/2018 – 09/30/2019
Changes in Multimorbidity and Disability among Race/Ethnic Older Adults (Administrative Supplement).
The proposed work will clarify gender differences in prescribing patterns and medication-related adverse events across different combinations of chronic conditions.
PI: Quiñones Ana; R01AG055681-02S2, 09/17/2018 – 05/31/2022

National Institute on Drug Abuse

Role: Postdoctoral Research Fellow/ **External collaborator** 08/01/2018 – 09/30/2019
Epidemiology of Opioid Prescribing in Community Health Centers (EPICENTER).

Maria Ukhanova, MD, PhD

This project aims at understanding patient level factors associated with problematic use of opioid pain prescriptions in the OCHIN collaborative of community health centers.

PI: Muench, John; NIDA R01A046468, 08/01/2018 – 04/30/2023

Agency for Healthcare Research and Quality

Role: Postdoctoral Research Fellow

10/17/2017 – 06/30/2019

eCHANGE: Evaluating Community Health Centers' Adoption of a New Global Capitation Payment.

This project supports the analysis of Oregon's alternative payment methodology experiment and its impact on clinical capacity and outcomes in primary care clinics.

PI: Heintzman John; R01HS022651, 07/01/2015 – 06/30/2019

National Cancer Institute

Role: Postdoctoral Research Fellow

10/17/2017 – 06/30/2019

Community-based HIT Tools for Cancer Screening and Health Insurance Promotion (CATCHUP).

The project is a cluster randomized trial in 12 Community Health Centers to test the effectiveness of implementing Community-based HIT Tools for Cancer Screening and Health Insurance Promotion ("CATCHUP" tools) in improving rates of (1) cancer screening and prevention services; and (2) health insurance coverage.

PI: DeVoe Jennifer; R01CA181452, 07/01/2014 – 06/30/2019

Not funded:

Effectiveness of GLP-1 Receptor Agonists for Risk Reduction of Cardiovascular Events in Population with Obesity

Start / End Date 04/01/2025 - 03/31/2026

Funding Agency American Heart Association (AHA)

Proposal Status Not funded

Faculty Role Co-Investigator

Total Direct Costs \$133,111.00

Total Indirect Costs \$13,311.00

Racial/Ethnic and Gender Disparities in Mental Health Treatment and Cognitive Impairment Risk Among Older Adults with Depression

Start / End Date 07/01/2025 - 06/30/2026

Funding Agency Columbia University (COLUMBIA)/National Institute on Aging/NIH/DHHS (NIA)

Proposal Status Not funded

Faculty Role Co-PD/PI

Total Direct Costs \$49,999.00

Total Indirect Costs \$4,000.00

Linkage, Data Integration and Network Analysis in Cancer: Childhood All (LINC-ALL)

Start / End Date 12/01/2025 - 11/30/2029

Funding Agency Cancer Prevention & Research Institute of Texas (CPRIT)

Proposal Status Not funded

Faculty Role Co-Investigator

Total Direct Costs \$1,121,759.00

Total Indirect Costs \$59,038.00

Maria Ukhanova, MD, PhD

Age-Related Diseases Clusters among Texas Residents: Assessing Age Variation and Associated Social Adversity.

Start / End Date 10/01/2025 - 09/30/2026

Funding Agency UTHealth Institute on Aging Translational Aging Research (TAR) pilot grant

Proposal Status Not funded

Faculty Role Principal Investigator

Total Direct Costs \$20,000

Publications

<https://scholar.google.com/citations?user=4W4qcFcAAAAJ&hl=en>

Ukhanova M, Wozny JS, Truong CN, Ghosh L, Krause TM. Trends in glucagon-like peptide 1 receptor agonist prescribing patterns. *Am J Manag Care*. 2025 Aug 1;31(8):e228-e234. doi: 10.37765/ajmc.2025.89778. PMID: 40829097.

Ukhanova, M, Highfield LD, Krause TM, Ferguson GM, Morgan RO. Polypharmacy and readmission risk among Medicare beneficiaries: the role of post-discharge care. *AJMC* (In press, will be published March 2026)

Ukhanova M, Voss R, Marino M, Huguet N, Bailey S, Hartung D, O'Malley J, Chamine I, Muench J. Chronic overlapping pain conditions and long-term opioid treatment. *The American Journal of Managed Care*. May;29(5):233-239. doi: 10.37765/ajmc.2023.89356.

Quiñones, A.R., Valenzuela, S.H., Huguet, N., **Ukhanova M.**, Marino M., Lucas J.A., O'Malley J., Schmidt T.D., Voss R., Peak K., Warren N.T., Heintzman J. Prevalent Multimorbidity Combinations Among Middle-Aged and Older Adults Seen in Community Health Centers. *Journal of General Internal Medicine*. 2022. <https://doi.org/10.1007/s11606-021-07198-2>

Ukhanova M, Markwardt S, Furuno JP, Davis L, Noble BN, Quiñones AR. Are there sex differences in potentially inappropriate prescribing in adults with multimorbidity? *Journal of the American Geriatrics Society*. 2021; 1– 13. <https://doi.org/10.1111/jgs.17194>

Ukhanova M, Marino M, Angier H, Jacob L, O'Malley J, Cottrell EK, Dambrun K, Heintzman J. The impact of capitated payment on preventive care utilization in community health clinics. *Prev Med*. 2020 Dec 31;:106405. doi: 10.1016/j.ypmed.2020.106405. [Epub ahead of print] PubMed PMID: 33388331.

Ukhanova M, Tillotson CJ, Marino M, Huguet N, Quiñones AR, Hatch BA, Schmidt T, DeVoe JE. Uptake of Preventive Services Among Patients With and Without Multimorbidity. *Am J Prev Med*. 2020 Nov;59(5):621-629. doi: 10.1016/j.amepre.2020.04.019. Epub 2020 Sep 22. PMID: 32978012.

Nicholson K, De Burghgraeve T, Fortin M, Griffith LE, Licher S, Lizotte D, Mair FS, Miozzo R, Nouri MS, Ryan BL, Lee ES, Smith S, Stewart M, Terry AL, Tisminetzky M, **Ukhanova M**, Wetmore S, Stranges S. Advancing cross-national planning and partnership: Proceedings from the International Multimorbidity Symposium 2019. *J Comorb*. 2020 Sep 24;10:2235042X20953313. doi: 10.1177/2235042X20953313. PMID: 33033706; PMCID: PMC7525218.

Muench J, Fankhauser K, Voss RW, Huguet N, Hartung DM, O'Malley J, Bailey SR, Cowburn S, Wright D, Barker G, **Ukhanova M**, Chamine I. Assessment of Opioid Prescribing Patterns in a Large Network of US Community Health Centers, 2009 to 2018. *JAMA Netw Open*. 2020 Sep 1;3(9):e2013431. doi: 10.1001/jamanetworkopen.2020.13431. PMID: 32945874; PMCID: PMC7501536.

Maria Ukhanova, MD, PhD

Heintzman J, Cottrell E, Angier H, O'Malley J, Bailey S, Jacob L, DeVoe J, **Ukhanova M**, Thayer E, Marino M. Impact of Alternative Payment Methodology on Primary Care Visits and Scheduling. *J Am Board Fam Med*. 2019 Jul-Aug;32(4):539-549. doi: 10.3122/jabfm.2019.04.180368. PMID: 31300574.

Ukhanova M, Heintzman J, Tseng A, Yamashita D, Likumahuwa-Ackman S, DeVoe J. Partnering Research Fellows and Clinicians in Practice Settings. *Annals of Family Medicine*, 2019;17(1):86. doi:10.1370/afm.2333

Heintzman J, Kaufmann J, Ezekiel-Herrera D, Bailey SR, Cornell A, **Ukhanova M**, Marino M. Asthma/COPD Disparities in Diagnosis and Basic Care Utilization Among Low-Income Primary Care Patients. *Journal of immigrant and minority health*. 2018; Aug 2. doi: 10.1007/s10903-018-0798-2.

Krause TM, **Ukhanova M**, Lee Revere FL, Finkel KW. Risk Predictors for Postcontrast Acute Kidney Injury. *Journal of the American College of Radiology: JACR* 2018, 15 (11), 1547-1552.

Krause TM, **Ukhanova M**, Revere FL. Private Carriers' Physician Payment Rates Compared With Medicare and Medicaid". *Texas Medicine*. 2016;112(6):e1. p.63.

Maltseva G, **Ukhanova M**, Tyrnova E. Clinical significance of determination of rheumatoid factor, C-reactive protein, anti-streptolysin-O in patients with chronic tonsillitis. *Russian Otorhinolaryngology Journal*. 2010; 4 (47):45-51.

Peer-Reviewed Conference Proceedings/Other Presentations

Ukhanova M. Multimorbidity and Polypharmacy: Navigating the Road to Safer Healthcare. UTHealth Houston, MPACH, Faculty engagement series. April 16, 2025.

Ukhanova, M, Highfield LD, Krause TM, Ferguson GM, Morgan RO. Polypharmacy and readmission risk among Medicare beneficiaries: the role of post-discharge care. 2024 Geriatric Medication Safety Symposium. April 6, 2024. Houston, TX.

Chamine I, Lucas J, **Ukhanova M**, et al. Sedative-hypnotic Co-prescribing with opioids in a large network of community health centers. *The Annals of Family Medicine*. 2022;20 (Supplement 1):2660. doi:10.1370/afm.20.s1.2660

Ukhanova M, Voss R, Huguet N, DeBar L, Bailey S, Hartung D, Marino M, O'Malley J, Chamina I, Muench J. Chronic overlapping pain conditions and risk of chronic opioid prescribing in safety net clinics. Poster. 48th NAPCRG Annual Meeting; 2020 November 20; San Francisco, CA.

Ukhanova M, Cantone RE, Fleishman J, Bailey S, Gordon L, Rdesinski RE, Ramalingam N, Lucas J, Cohen DJ. Facilitating interdisciplinary teamwork among clinicians, researchers, and trainees: Lessons learned. Poster. North American Primary Care Research Group (NAPCRG) 47th Annual Meeting; 2019 November 17; Toronto, Ontario, Canada.

Ukhanova M, Markwardt S, Ana R. Quiñones. Gender Differences in Potentially Inappropriate Prescribing in Older Adults with Multiple Chronic Conditions. Poster. AcademyHealth, Annual Scientific Meeting, Washington, DC, 2019.

Ukhanova M, Markwardt S, Ana R. Quiñones. Gender Differences in Polypharmacy Rates in Adults with Multiple Chronic Conditions. Poster. American Geriatrics Society 2019. Annual Scientific Meeting, Portland, OR, 2019.

Ukhanova M, Tillotson C, Marino M, Huguet N, Quinones A, Hatch B, Schmidt T, DeVoe J. Preventive Services Delivery Among Patients with Multiple Chronic Conditions. Poster. 46th Annual Meeting of the North American Primary Care Research Group, Chicago, IL, 2018.

Maria Ukhanova, MD, PhD

Ukhanova M, Marino M, Angier H, Jacob L, O'Malley J, Thayer E, Heintzman J. The Impact of Capitated Payment on Preventive Care Utilization in Community Health Centers. Poster. 46th Annual Meeting of the North American Primary Care Research Group, Chicago, IL, 2018.

Ukhanova M, Appari A, Morgan R, Swartz M, Du X. Polypharmacy Risk Among Working-Age Adults with Different Combinations of Multiple Chronic Condition Patterns. Poster. AcademyHealth, Annual Research Meeting, Seattle, WA, 2018.

Ukhanova M, Appari A, Morgan R, Swartz M, Du X. Effects of Care Coordination on Polypharmacy Risk Among Working-Age Adults with Multiple Chronic Conditions. Poster. AcademyHealth, Annual Research Meeting, Seattle, WA, 2018.

Ukhanova M, Appari A, Morgan R. Healthcare Spending and Care Coordination among Commercially Insured Working-age Adults with Multiple Chronic Conditions, 2008-2013. Oral presentation. Proceedings of the APHA Annual Meeting, Denver, CO, 2016.

Ukhanova M, Appari A, Morgan R. Healthcare Spending and Care Coordination among Commercially Insured Working-age Adults with Multiple Chronic Conditions, 2008–2013. Poster. UTHealth School of Public Health Student Research Day, Houston, TX, 2016.

Ukhanova M, Appari A, Morgan R. Prevalence and Cost Variation of Multiple Chronic Conditions in Working-Age Adults in Harris County, Texas. Poster. UTHealth School of Public Health Student Research Day, Houston, TX, 2015.

Doctoral Dissertation

Ukhanova, Maria, "Care Coordination and Polypharmacy among Working-Age Adults with Multiple Chronic Conditions" (2017). Texas Medical Center Dissertations (via ProQuest). AAI10690445.

Other Publications/Reports

Cross-Agency Coordination on Healthcare Strategies and Measures: Third Biennial Report: Pursuing Collaborations and Partnerships to Amplify State Initiatives. As Required by 2023-24 General Appropriations Act, House Bill 1, 88th Legislature, Regular Session, 2023 (Article IX, Health Related Provisions, Section 10.06). September 2024. <https://www.hhs.texas.gov/sites/default/files/documents/cross-agency-coord-healthcare-strat-measures-sep-2024.pdf>

Cross-Agency Coordination on Healthcare Strategies and Measures: Second Biennial Report: Initial Outcomes and Recommendations. As Required by 2022-23 General Appropriations Act, House Bill 1, 87th Legislature, Regular Session, 2021 (Article IX, Health Related Provisions, Section 10.06). August 2022. <https://www.hhs.texas.gov/sites/default/files/documents/cross-agency-coord-healthcare-strat-measures-sep-2022.pdf>

Thomas E, **Ukhanova M**. (2016). *The University of Texas System Healthcare Safety and Effectiveness Grants Program Evaluation*. UTHealth Center for Healthcare Quality and Safety, Houston, TX.

Submitted to Peer-Reviewed Journals/ In Preparation for Resubmission

Ukhanova, M, Indupuru, HK, Savitz, S, Dishman, D. Outpatient Opioid Prescriptions in Stroke Survivors After Hospital Discharge. *Stroke*.

Professional Memberships

2024-present NIH-funded AGING Initiative MCCs Scholar

Maria Ukhanova, MD, PhD

2019-present Member, American Geriatrics Society
2018-present Member, North American Primary Care Research Group
2017-present Member, AcademyHealth
2014-present Member, American Public Health Association, Medical Care Section
2007-2010 Member, the Russian Society of Otolaryngology

Journal/Review Services

2025-present Journal Referee, Journal of Multimorbidity and Comorbidity.
2025-present Journal Referee, BMC Neurology
2022-present Journal Referee, American Journal of Managed Care
2022-present Journal Referee, International Journal of Environmental Research and Public Health
2022-present Journal Referee, American Journal of Accountable Care
2022-present Journal Referee, Journal of Personalized Medicine
2021-present Journal Referee, Family Medicine and Community Health
2021-present Journal Referee, BMC Geriatrics
2021-present Journal Referee, Risk Management and Healthcare Policy
2020-present Journal Referee, Journal of Aging and Health
2018-present Journal Referee, Annals of Family Medicine
2018-2020 Abstracts Referee, North American Primary Care Research Group, AcademyHealth

Technical Skills

SAS, STATA, Atlas.ti, large administrative claims data-based research: electronical health records data analysis, survey data analysis.