

In Ignotis “Into the Unknown”

Message from the Chair

Dear Colleagues,

These are the best times in clinical research with the opportunity to explore concepts such as precision medicine, big data and artificial intelligence, translational research, patient-centered outcomes, digital health, health equity, and implementation science—all are so profoundly impactful.

As I reflect on the outstanding achievements of our Medicine Department, I am filled with immense pride and gratitude for the invaluable contributions each of you continues to make to clinical research. Our departmental newsletter serves as a testament to the depth and breadth of your scholarly endeavors. It is truly inspiring to see the wealth of research initiatives, innovative projects, and impactful studies that emanate from our diverse and talented faculty members.

Several EVMS-wide initiatives are in pipeline that will make it easier for faculty and learners to identify collaborators and do meaningful research. The Department continues to hold monthly research workshops and journal clubs to support research study design and statistical analysis—this month, Dr. Fang Fang will talk about secondary data sets and their importance in clinical research. Lastly, you may have heard that Mr. Max Prokopy is leaving. Please join me in thanking Max for his excellent service—he will be leaving the Department later this month.

Published Abstracts & Presentations

Ahuja K, Shah A, Coleman M, Derber C. Assessment of Secondary Primary Malignancies in Mixed Epithelioid and Spindle Cell Melanoma By Racial Group. 19 Feb 2024. Jonathan D. Siegel, MD '98 Medical Student Research Symposium.

Badrish V, Ghiorzi J, Thomson K, Sill JD, Crookshank B, Qayyum R. Efficacy of Interventions Targeting Burnout Among Residents: A Systematic Review. 19 Feb 2024. Jonathan D. Siegel, MD '98 Medical Student Research Symposium.

Kathrotia M, Sitt Naing A, West T, Styron J, **Galicia-Castillo M.** Determining Effective Communication Strategies for Palliative Medicine Family Meetings. 19 Feb 2024. Jonathan D. Siegel, MD '98 Medical Student Research Symposium.

Sill JM, Chilampath B, Bernens M, Banks P, **Stein S.** Assessing and improving patient knowledge gaps relating to the administration of elexacaftor/tezacaftor/ivacaftor in an adult cystic fibrosis clinic population. ERJ Open Research 2023 9: 43; 17 Dec 2023.

Johnson DA gave three lectures on the topics of 1) Breathing Life into Dreams: How to Be an Effective Mentor, 2) Key Points to Giving Your Most Effective Presentation, and 3) Words to Live By: The Advice that Most Inspired Us, at the Inspired MD Summit: A Professional Growth & Leadership Development CME event for physicians on 3 February 24 at NYU in New York City.

Accepted Abstracts & Presentations

Congratulations to the following faculty and learners on their recent abstract acceptances:

AACE (New Orleans): **Knaub A**

ACP (Boston): **Derber C, Kassabo W, Tahhan S (3), Aggroia V, Dulli M, Flathers E, Horie S, Javed MU, Naing A, Stogner L, Tasha T**

AGS (virtual): **Galicia-Castillo M, Okhravi H, Pokhriyal M**

ATS (San Diego): **Ori T, Qiao X, Flathers E, Hoerle R**

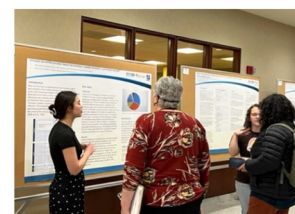
CCC (Phoenix): **Naing A** CEO/T (Phoenix): **Rust H, Naing A**

DDW (DC): **Parekh P, Vargas A (6)** SGIM Southern (New Orleans): **Horie S**

SGIM (Boston): **Blumrick C, Tahhan S (4), Kassabo W, Ahn J, Amaoko-Kissi E, Javed MU, Flathers E, Palmer C, Tasha T, Wyant J**

SHM (San Diego): **Blumrick C, Flemmer M (2), Inayet N, Kassabo W, Qayyum R, Ghiorzi J, Qiao X, Sill JD, Tahhan S (6), Thomson K, Zahra T, Ahn J, Alagha T, Amaoko-Kissi E, Ayesha (2), Badrish V, Ball P, Carton J, Dod R, Dulli M, Flathers E, Javed MU, Mohan N, Naing A (3), Nguyen L, Palmer C, Stogner L, Wyant J**

A special congratulations to Dr. Qayyum and Julianna Ghiorzi, who will present at SHM's plenary session.



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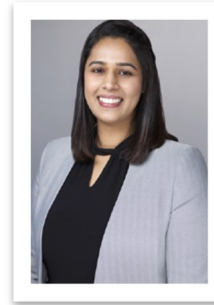
Researcher Spotlight—Rupinder Bahniwal, MD

Please tell us about your research interests: I am fortunate to have been involved in diverse study designs during my training. At present, I haven't honed in on a specific research focus, but I am thoroughly enjoying learning about the various research types to discover where my true passion lies. While I haven't committed to a particular interest, I am deeply intrigued by the remarkable advancements in cardiology, especially in transplantation.

You recently won multiple presentation awards at the CHEST conference. What is it about the process that you most enjoy? While I appreciate various steps in the research process, presenting stands out as my favorite for several reasons. It grants me the opportunity to communicate research findings or intriguing clinical discoveries to a broader audience, thereby fostering discussions that yield valuable feedback and diverse perspectives. Moreover, presenting at meetings and conferences offers excellent networking opportunities and enables me to learn about cutting-edge research taking place around me.

What has been the most rewarding study or poster you've worked on? Why? During medical school, I undertook a gratifying project that centered on examining the correlation between type 2 diabetes mellitus and hearing loss. This initiative marked my introduction to prospective clinical studies. Securing a research grant, I independently managed various aspects, including drafting a comprehensive research proposal, obtaining Institutional Review Board (IRB) clearance, overseeing study implementation, and analyzing collected data using specialized software. I even acquired proficiency in an additional language to facilitate effective communication with study participants. The challenges encountered in the project and the learning were pivotal in strengthening my research skills and laid the foundation for further endeavors in the field.

What idea(s) are you most excited about studying over the next one to two years? I am particularly enthusiastic about delving into the study of healthcare disparities in the field of cardiology. My aim is to actively contribute to the elimination of these disparities through research and targeted interventions. This commitment stems from a strong desire to advance equitable access to healthcare and ultimately improve health outcomes for all individuals.



“Nothing has such power to broaden the mind as the ability to investigate systematically & truly all that comes under thy observation in life” - Marcus Aurelius

Awards and Media Highlights

Galicia-Castillo M, Thomson K, Dunst M, Weiss ML, & Morfeld J hosted 150 Nursing students at a Palliative Care Medicine collaborative event in conjunction with the ODU Department of Nursing on 22 Jan 2024.

Galicia-Castillo M was an invited speaker for the Virginia Oncology Associates (VOA) program on 7 Feb 2024, Dimensions of the Cancer Journey: A Multidisciplinary Review.

Galicia-Castillo M was named Innovator for Women on the Leading Edge in Coastal Virginia Business Magazine for March/April 2024. Check out the link [here](#).

Johnson DA published a Medscape commentary on 17 Jan 2024 on the topic of, Tips and Techniques to Boost Colonoscopy Quality. Check out the video [here](#).

Johnson DA published a Medscape commentary on 5 Feb 2024 on the topic of, How to Manage Immune Checkpoint Inhibitor Hepatotoxicity. Check out the video [here](#).

Johnson DA published a Medscape commentary on 22 Feb 2024 called, CRC: Troubling Mortality Rates for a Preventable Cancer. Check out the video [here](#).

Okhravi H & Niknejad B provided education sessions on the topic of Alzheimer's Disease at 2 community outreach events in Hampton Roads: the Alzheimer's Association Support Group educational session in Hampton, VA, & the Purple Power Sunday educational session in Suffolk, VA on 20-21 Jan 2024.

Reminders:

Grand Rounds:

Wednesdays at noon in Waitzer Hall, Suite #300

- 3/6/24– Dr. Peter Boling, MD, VCU
- 3/13/24 - Dr. Nauman Chaudary, MD, VCU
- 3/20/24, Dr. David Johnson, EVMS
- 3/27/24, Dr. Christine Ritchie, MD, Harvard University

Upcoming Research Events in Hofheimer Hall—5th floor Large Conference Room; Hybrid option available on Zoom:

- Research Workshop: Secondary Datasets - Fang Fang, PhD
3/12/24 @ 5:00 p.m.
- Research Journal Club: 3/26/24 @ 5:00 p.m.

Please send updates to:

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