

IN IGNOTIS *“Into the unknown”*

EVMS Internal Medicine Research Newsletter

Message

Scholarship

2023 Summer
Scholars Mentor
Applications now
open! (Due Monday,
January 30th)

For questions,
please contact Ms.
Deepal Patel at
pateldp@evms.edu

Year In Review



Cynthia J. Avila, MBS
Research Manager,
Internal Medicine

Dear Colleagues,

A very warm Happy New Year and Welcome to Volume 2, Issue 1 of our Research Newsletter!

On Dec. 8, , Dr. Liza Botros led a well-attended Journal Club on survey development and validation.

Upcoming sessions: Journal Club on Cost-Benefit Analysis, Jan. 12, followed by a Workshop on Epidemiology Research 101, Jan. 26. Both events are held in Hofheimer Hall, 5th floor, from 5-6PM. Virtual option available.

PEER-REVIEWED PUBLICATIONS:

By EVMS Faculty, Fellows, and Residents

- Torres Roldan VD, Urtcho M, Nayfeh T, Firwana M, Muthusamy K, Hasan B, Abd-Rabu R, Maraboto A, Qoubaitary A, Prokop L, **Lieb DC**, McCall AL, Wang Z, Murad MH. A Systematic Review Supporting the Endocrine Society Guidelines: Management of Diabetes and High Risk of Hypoglycemia. *J Clin Endocrinol Metab.* 2022 Dec 7. PMID: 36477885
- McCall AL, **Lieb DC**, Gianchandani R, MacMaster H, Maynard GA, Murad MH, Seaquist E, Wolfsdorf JJ, Wright RF, Wiercioch W. Management of Individuals with Diabetes at High Risk for Hypoglycemia: An Endocrine Society Clinical Practice Guideline. *K Clin Endocrinol Metab.* 2022 Dec. 7, 2022 PMID: 36477488

By Community Faculty

- **McCune TR**, Bray RA, Baran DA, et al. Development of donor specific antibodies after SARS-CoV-2 vaccination in kidney and heart transplant recipients. *Transpl Immunol.* 2022;75:101722.
- **Oldfield, E, Johnson, D**, Rex, Douglas K. Prescribing Colonoscopy Bowel Preparations: Tips for Maximizing Outcomes. *The American Journal of Gastroenterology*:10.14309 Dec. 26, 2022.

ABSTRACTS, PRESENTATIONS, & AWARDS:

- **Dr. David Johnson** participated in a [MEDSCAPE roundtable discussion](#) about a NEJM clinical trial upending colonoscopy practices. He also gave a talk on “Small Intestinal Overgrowth – Drugs or Bugs?” at the Florida Digestive Diseases conference in Orlando, Florida.

2022 RESEARCH HIGHLIGHTS:

- Peer-reviewed publications: **40+ faculty publications** on Pubmed
- Abstracts: **110+ abstracts** submitted to local and national conferences
- Research Series: **11 workshops + 6 journal club sessions**
- Internal Medicine Research Advisory Committee: **6 IMRAC meetings**
- Online presence: **92 #IMResearchEVMS** posts + revamped IM research website
- EVMS Research Day: **50+ posters** mentored by IM faculty
- Research Newsletter: **Monthly Issues - 10 issues of “In Ignotis”**

LOOKING AHEAD...

HADSI Update: Dr. Alfred Abuhamed (EVMS President, Provost, & Dean of the School of Medicine) recently announced that the EVMS-Sentara Healthcare Analytics and Delivery Science Institute (HADSI) will dissolve on July 1, 2023. HADSI personnel and services will be integrated with the Office of Research. Faculty involved in HADSI-related studies are encouraged to assess project status and work with HADSI personnel on next steps.

Effective immediately, all researchers must complete a [Research Approval Form](#) to request Sentara data. Other big data platforms, such as TriNetX, are currently available – with several training opportunities forthcoming.

Here in Internal Medicine, we are actively seeking data analysis services and may hire additional research support staff to advance scholarly output. As Research Manager, I remain committed to helping our residents, fellows, and faculty navigate these institutional changes in research infrastructure. Please do not hesitate to contact me (AvilaCJ@evms.edu) or stop by our research office (Hof Hall, 566) with questions, comments, or concerns.

2023-2024 Research Series: Based on feedback and data collected during our first six-months of research workshops and journal clubs, we are actively developing next year’s research series with a focus on *methods* as opposed to *study design*. Presenter slides and recordings will be included on our [website](#).

Case Study Consent to Publish Form: In collaboration with the Office of Research and EVMS Medical Group Compliance and Clinical Audit team, we have developed a deidentified case study consent form to assist researchers with the publication process. This form will make it easier for clinicians to document patient consent and publish case reports. For more information, please visit our website under [“Navigating IRB”](#).

Hofheimer Hall, 5th floor
Large Conference Room

In-person or virtual
option available

Researcher Spotlight



Henri Parson, PhD
Associate Professor,
Internal Medicine

Please send research
updates to Cindy Avila
AvilaCJ@evms.edu for
consideration in our
upcoming newsletters

RESEARCH WORKSHOPS & JOURNAL CLUBS:



January 12, 2022 (5-6 PM) Mark your calendar for fun at the **Research Journal Club**.

We will discuss a peer-reviewed paper that used [cost-benefit analysis](#):

Carrico J, Talbird SE, La EM, et al. Cost-benefit analysis of vaccination against four preventable diseases in older adults: Impact of an aging population. *Vaccine*. 2021;39(36):5187-5197.

Previously, we have covered cross-sectional study design, retrospective cohort and prospective cohort study design. All welcome – no research experience necessary!



January 26, 2023 (5-6PM) Dr. Chinelo Okigbo will give a **Research Workshop on “Epidemiology Research 101”** Dr. Okigbo completed her medical training in Nigeria and subsequently earned her master’s degree (MPH) and doctoral degree (PhD) in Public Health from the University of North Carolina in Chapel Hill. Her graduate work focused on population-based research using epidemiological methods, with a focus on reducing global maternal mortality. Dr. Okigbo may review ‘confounding’ and inference in observational studies. This workshop is open to all students, residents, fellows, and faculty.

GRAND ROUNDS: In-person attendees receive box-lunched. Registration not required. These events have been approved for 1.0 *AMA PRA Category 1 Credit*. Noon – 1PM in Waitzer Hall, Suite 300).

January 4, 2023 - “Preventing Dementia: Is It Possible?” **Jeffrey Burns, MD** (University of Kansas)

January 11, 2023 - “Title TBD” **Myles Wolf, MD** (Chief of Nephrology, Duke University)

January 18, 2023 – “Title TBD” **Rashik Vashist, MD** (Critical Care, Sentara Norfolk General Hospital)

HENRI K. PARSON, PHD, CCRC, ACRP-PM

Please tell us about yourself: As a native of Norfolk and a graduate of the EVMS/PDU Biomedical Sciences Doctoral Program, I joined the Strelitz Diabetes Center in 2011. As the current Director of the Microvascular Biology lab, I assist and partner with investigators by bringing expertise in research design, analysis, and regulatory documentation. I have been involved in clinical research trials and investigator-initiated research for 20+ years - 16 of these years as director, where I have designed, written, and implemented protocols relating to diabetic neuropathy and microvascular dysfunction. Many of these studies have been successfully funded and led to further understanding of complications in diabetes and diabetic neuropathy, with a special emphasis on minority populations. I am also involved in all areas of study oversight, including the development of standard operating procedures according to good clinical practice, study audits, and budget allocations.

Describes the studies you are currently working on: Primarily the study our research team works on involves identifying mechanisms of diabetic-related complications that will provide early detection, and new therapies to prevent the progression of disease and promote recovery. We also are participating in a number of diabetes and diabetic neuropathy clinical trials funded by a variety of pharmaceutical companies. In addition, we have started a number of community outreach studies in the Western Tidewater area, determining the prevalence of diabetes and providing education, and in the St. Paul’s community to promote healthy lifestyles and eating habits. Lastly, I was recently funded by EVMS to conduct a study on exercise intervention for African-American women, which is in collaboration with Norfolk State University.

How have you managed your research? As the Director, I am currently responsible for the full scope of the research studies and management of research staff. I assist in overseeing multiple projects, from idea inception to protocol development, data analysis, and publication of results. I am involved in all areas on study oversight, including preparing documents for regulatory agencies, study audits, and budget allocations. I am also well acquainted with many pharmaceutical companies and their requirements for good clinical practice. My experience has given me invaluable insight into what is necessary to conduct clinical trials that yield valid results. In this position, an experienced and knowledgeable research team is imperative. I could not have done this alone. I have found that maintaining a positive attitude is invaluable in the workplace, especially when monitoring studies.

What are unexplored areas of “hot topics” in your field? Diabetic neuropathy and its prevention has been a hot topic for a very long time. Currently, there is no cure and pain treatment is standard of care. Exploring new technologies such as the recently FDA approved spinal stimulator devices as well as focusing on lifestyle prevention are key to tackling this debilitating disease.

Can medical students and residents get involved in your current studies? If so, in what ways? Yes, we welcome all medical students and residents. We are currently mentoring many MPH students, summer scholars, college students, and fellows. They may contact me via email.

Any lessons learned from being involved in research? I have had many mentors over the years who have guided me in all aspects of research. They are varied and too numerous to name. I would like to note my two primary PIs: Drs. Aaron Vinik and Elias Siraj.