

Message

Dear Colleagues,

Welcome to Volume 2, Issue 3 of our Research Newsletter! On Feb. 3 and Feb. 23, Dr. Rehan Qayyum led a session on “Designing Data Collection” and “Inference from Data Analysis”, respectively. Looking ahead, on March 9, a guest speaker – Dr. Fang Fang – will lead a research workshop on “Secondary Datasets 101”. On March 23, Dr. Liza Botros will continue our research journal club series focusing on prediction model development and validation. With Spring less than a month away, several of our residents, fellows, faculty, and staff are leaping in to action will present at key conferences - such as The Society of Hospital Medicine CONVERGE 2023 (March 26-29) in Austin, TX. We are also actively planning our first-ever Internal Medicine Research Bootcamp series, which will take place on-campus Saturday, August 26 and Saturday, September 9, 2023. Stay tuned for more details coming soon!

**PEER-REVIEWED PUBLICATIONS:**

*By EVMS Faculty, Fellows, and Residents*

- Schilling J, Klein D, Bartholmae MM, Shokouhi S, Toepp AJ, Roess AA, **Sill JM**, et al. COVIDsmart: A Digital Health Initiative for Remote Data Collection and Study of COVID's Impact on the State of Virginia [published online ahead of print, 2023 Jan 9]. *JMIR Form Res.* 2023;10:2196/37550. doi:10.2196/37550.
- Cheema HA, Ehsan M, Ayyan M, Shahid A, Farooq M, **Javad M**, et al. In-hospital mortality of COVID-19 patients hospitalized with ST-segment elevation myocardial infarction: A meta-analysis. *Int J Cardiol Heart Vasc.* 2022;43:101151. Published 2022 Nov 17. doi:10.1016/j.ijcha.2022.101151
- Enos CW, **Ramos VL**, McLean RR, et al. Cardiometabolic multimorbidity is common among patients with psoriasis and is associated with poorer outcomes compared to those without comorbidity. *J Dermatolog Treat* 2022;33(7):2975-2982. doi:10.1080/09546634.2022.2089329

**ABSTRACTS, PRESENTATIONS, & AWARDS:**

*American Association of Clinical Endocrinology*

- Ayesha, Simon N, Javaid A., Vargas A., Thompson A., **Lieb DC**. “The Ups and Downs of Diagnosing Insulinoma” [Poster]
- Javaid A. “All Myx’ed Up – A Case of Myxedema in a patient with Alzheimer’s Dementia” [Poster]
- Javaid A. “A case of rhabdomyolysis resulting in fulminant acute kidney injury in a patient with severe hypothyroidism” [Poster]

*American College of Physicians*

- Al Allawi S., **Tahhan S**. “This disease is not your Bud” [Poster]
- Al Allawi S., **Niknejad B., Tahhan S**. “A misnomer worth paying attention to” [Poster]
- Gupta, G. **Tahhan S., Goodman B., Benz C., Tserediani N., Hasan S., Bittner M., Qayyum R.** “Validation of the HOSPITAL Score to Predict 30-day Readmissions in a Health System Across Virginia and North Carolina” [Poster]

*American Geriatrics Society*

- Sharma K., **Niknejad B., Okhravi H**. “The Imitation Game: Alzheimer’s Disease or Hippocampal Sclerosis” [Poster]
- Sharma K., **Dukes J., Savage A., Castillo M**. “Serious illness conversation” [Presidential Poster]

*Society of General Internal Medicine*

- Kurbanova N., Avila C., **Kassabo W., Ayeman B., Chung H., Siddiqui S., Qayyum R.** “The Long-term Relationship Between a-Klotho With All-Cause and Cause-Specific Mortality” [Poster]

- **Dr. Liza Botros** was awarded \$2,500 in Research Professional Development funding from EVMS Faculty Affairs to support her registration and travel to the American Thoracic Society conference in Washington D.C.. Dr. Botros will present her selected research abstract “Platelet Distribution Width is an Independent Predictor of All-Cause and Cardiac Mortality Among Healthy U.S. Adults.”

- **Dr. David Johnson** provided [tips for maximizing colonoscopy preps](#) in his latest Medscape commentary.

- **Dr. Hamid Okhravi** gave a presentation about Lecanemab and the AHEAD study at the Norfolk Rotary Club this month. To learn more about the AHEAD trial, please visit our [IM research website](#).



Scholarship



#IMResearchEVMS

## Announcements

Hofheimer Hall, 5<sup>th</sup> floor  
Large Conference Room

In-person or virtual  
option available

## Researcher Spotlight



Please send research updates to Cindy Avila [AvilaCJ@evms.edu](mailto:AvilaCJ@evms.edu) for consideration in our upcoming newsletters

## RESEARCH WORKSHOPS & JOURNAL CLUBS:



**March 9 – “Secondary Datasets 101”** workshop led by **Fang Fang, PhD** (5-6 PM) Looking for a way to answer your research question without spending time (or money) on data collection? Secondary datasets may be a great option for you! Audience members will leave with a better understanding of what secondary datasets are, where to find them, pros and cons of using these datasets, and more! Dr. Fang is a multidisciplinary researcher with studies that encompass sociology, public health, and medicine to examine health disparities and to develop prevention interventions.



**March 23 – “Prediction Model Development & Validation”** research journal club led by **Liza Botros, MD, PhD** (5-6 PM) We will discuss this [peer-reviewed paper](#): Pabinger I, van Es N, Heinze G, et al. A clinical prediction model for cancer-associated venous thromboembolism: a development and validation study in two independent prospective cohorts. *Lancet Haematol.* 2018;5(7):e289-e298. doi:10.1016/S2352-3026(18)30063-2 Previously, we have covered cost-benefit analysis, retrospective cohort design, and more! All welcome – no research experience necessary.

**GRAND ROUNDS:** In-person attendees receive lunch. Registration not required. Grand rounds are approved for 1.0 *AMA PRA Category 1 Credit*. Noon – 1PM in Waitzer Hall, Suite 300).

**March 1** – “Centering the Margins to Achieve Kidney Health Equity” - Dr. Deidre Crew (Hopkins)

**March 8** – “Evaluation and Management of Adrenal Incidentalomas” – Dr. Amir Hamrahian (Hopkins)

**March 15** - “Caregiver: A Love Story Screening and Fireside Chat” – Dr. Jessica Zitter (UCSF)

## EVMS Professional Enrichment & Growth (PEG) Grant

Grants of up to \$10,000 will be awarded to EVMS faculty who wish to engage in an activity (ex; research) that will help achieve his/her professional goals as well as advance the academic mission of the department. The activity must be supported by the applicant’s Department Chair and should be of a nature as to contribute towards academic advancement in rank or support professional development of the faculty in their area of expertise. Examples of such activities might include: attending a conference specific to the applicant’s area of interest, working in another institution’s specialized laboratory to learn a new technique that will add a level of expertise that does not currently exist in the department, etc.

**Deadline: March 27, 2023 at noon!** For more information, contact Cindy Avila at [AvilaCJ@evms.edu](mailto:AvilaCJ@evms.edu)

## SAMI G. TAHHAN, MD

**Please tell us about yourself:** I am a Professor of Internal Medicine and the Associate Chair for Faculty Development within the Internal Medicine Department at Eastern Virginia Medical School. I completed my medical school education and residency training at EVMS. Following a chief residency year, I joined the Division of General Internal Medicine faculty at EVMS in 2003. I am an inaugural member of the Fine Family Academy of Educators. My academic interests are in medical education, mentorship, and faculty development. Since 2018, I have served as co-director of the multisystems disease module for second-year medical students. I have received the academic teaching award from the American College of Physicians Virginia chapter, and the EVMS Institutional Mentorship Award. Outside of work, I enjoy spending time with my wife, Valerie, and our two twin daughters.

**Describe the studies you are currently working on:** I am currently the PI of three research studies. The first study aims to explore the effect of medicaid expansion on 30-day hospital readmissions for pneumonia, heart failure (HF), and acute myocardial infarction (AMI) using publically available data from more than 3,000 hospitals. We hypothesize that ACA States will have lower 30-day hospital readmission rates for pneumonia, HF, and AMI compared to non-ACA States. The second study aims to validate the HOSPITAL score to predict 30-day readmissions across Virginia hospitals. The HOSPITAL score consists of seven readily available clinical predictors and is one model that may accurately identify patients at high risk of potentially avoidable readmissions. The third study – Pathfinder – is a prospective, interventional, multi-center study evaluating the implementation of a multi-cancer early detection test in clinical practice. This study is designed to detect cancer through a single blood draw, and may identify where in the body a cancer signal is coming from. I would like to thank Dr. Rehan Qayyum for his support in each of these studies. Dr. Qayyum has been a great influence and directly helped our research team in a number of areas, including data analysis and abstract writing.

**What is your favorite hobby, a recent book you’ve read, or TV show you’ve watched...and tell us what you enjoy about it!** My biggest hobby is soccer. I am a passionate fan of the French national team and Arsenal football club in the premier league!