

# In Ignotis “Into the Unknown”

## Message from the Chair

A very Happy New Year!

Reflecting on the past year, it has been truly fabulous, marked by significant achievements and outstanding scholarly contributions from our Department. As we embark on this new year, I am confident that your continued dedication and efforts will propel our department to even greater heights. I extend my heartfelt gratitude to each and every one of you, with special appreciation for Julie and Max, who have played instrumental roles in making the past year truly remarkable.

This month, there are exciting initiatives across the campus aimed at supporting research endeavors. The Greenhouse Speaker Series is hosting a talk featuring John Newby, CEO of Virginia Bio, and Mike Grisham, President of Virginia Catalyst, on January 17th from 12:00 to 1:00 PM at Waitzer Hall, Suite 1031. If you are interested in gaining insights into Bioscience research opportunities, I highly recommend attending. For those unable to join in person, a Zoom link is also available.

Additionally, submissions for EVMS Education Scholarship Day 2024 are open, with a January 26th deadline. This presents a wonderful opportunity to showcase your research and scholarship in medical education.

I am delighted to share the news that Dr. Sami Tahhan has received the academic honor of the EVMS/Sentara Endowed Chair of Academic Leadership, while Dr. Bahar Niknejad is the esteemed recipient of the Rosemary Fenton and Garnett Jordan Professorship in Geriatrics.

Lastly, mark your calendars for Dr. Angela Toepp's Research Workshop on Randomized Controlled Trials on the 9th, and join us for the Research Journal Club on the 23rd, where we will review a Randomized Controlled Trial.

Wishing each one of you a New Year filled with happiness, joy, and fulfillment!

## Peer-reviewed Publications

- 1) **Patel B, D'Souza S, Sahni T, Yehya A.** Pulmonary hypertension secondary to valvular heart disease: a state-of-the-art review. *Heart Fail Rev.* 2023 Nov 29. Epub ahead of print. PMID: 38017225.
- 2) **Johnson DA, Parikh-Das AM, Atilasoy E, Davtyan H, Shur L, Blevins-Primeau AS, et al.** Sleep disruption due to nocturnal heartburn: a review of the evidence and clinical implications. *Explor Med.* 2023;4:1014–25.
- 3) **Yehya A.** Recognizing Physicians Beyond Revenue Value Units. *J Card Fail.* 2023 Sep 30;S1071-9164(23)00340-8. doi: 10.1016/j.cardfail.2023.09.004. Epub ahead of print. PMID: 37778505.
- 4) **Baran DA, Billia F, Randhawa V, et al.** Consensus statements from the International Society for Heart and Lung Transplantation consensus conference: Heart failure-related cardiogenic shock. *J Heart Lung Transplant.* Published online December 8, 2023. doi:10.1016/j.healun.2023.10.007

## Presentations & Published Abstracts

- 1) **Shinderle C, Thurber J, Yehya A.** presented at the American Heart Association’s Scientific Sessions 2023 on, Exploring Data Collection on Sexual Orientation, Gender Identity, and Pronouns in Heart Failure Patients: A Call for Improved Documentation and Barrier Identification"
- 2) **Johnson DA** presented on 16 November 2023 at the Albert Einstein Center Montefiore, NYC on the topic of Small Intestinal Bowel Overgrowth and Breath Testing.
- 3) **Casellini C** led a study group at the NEURODIAB - 33<sup>RD</sup> Annual Meeting of the Diabetic Neuropathy Study Group on September 29, 2023, Thessaloniki, Greece on Diagnostic and Clinical Utility of Sudoscan: US Development on the Technology.
- 4) **Lieb DC, Parson HK, Casellini CM, Siraj ES.** In Memoriam: Aaron I. Vinik, MD, PhD (1937–2023): The Quintessential Physician Scientist and Leader in Diabetic Neuropathy and Neuroendocrine Tumors. *Endocrine Practice.* 2023 Dec 1;29(12):931-4.
- 5) **Sill JM, Chilampath B, Bernens M, Banks P, Stein S.** presented on 01 Dec 2023 at the Adult Cystic Fibrosis Conference 2023 in Milan, Italy. Assessing and improving patient knowledge gaps relating to the administration of elxacaftor/tezacaftor/ivacaftor in an adult cystic fibrosis clinic population.
- 6) **Johnson DA** was an invited lecturer at the Orlando Health Gastrointestinal Disease annual meeting on 2-4, December 2023. He spoke on the topics of GI Microbiome—the Answer to All Our Ailments? & CRC Oncogenetics—What Clinicians Need to Know Now!



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## Researcher Spotlight—Jennifer Hanrahan, D.O.

### Please tell us about yourself and your research background:

I am an infectious disease physician and am primarily interested in clinical care and the reasons that we do things when caring for patients. Most of my work has been in the area of infection prevention and inpatient clinical care. I have always been interested in doing research, but have not had the support to be able to do much research in the past. The fact that Dr. Qayyum has hired research coordinators for learners in the department of Medicine is fantastic and unusual.

### How do you find the time to do research?

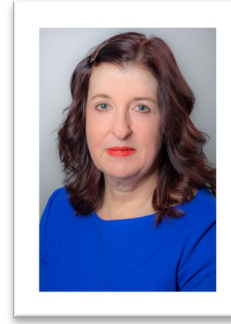
It is difficult to find time for unfunded research, but ultimately one finds time for the things that one finds interesting or important.

### What are unexplored areas or “hot topics” in your field?

One of the biggest problems that I see in Medicine overall is that we order too many tests. This adds to unnecessary expenses for patients and sometimes leads to additional unnecessary testing and prolonged hospital stays. I hope to be able to figure out some ways that we can reduce unnecessary testing and use our resources more wisely.

### What lessons have you learned from being involved in research?

The biggest lesson that I have learned is that almost no question is too small or too obvious. Over the years, I have frequently read articles and thought that the article was demonstrating something that I knew, but had not taken the time to investigate. In addition, there have been times where I have read descriptions of novel ways of approaching problems that people have published, when it was something that we had been doing for a long time, but had not written down and submitted for publication. The only way that knowledge increases or becomes generalized is by sharing information through publishing. It can be very intimidating to start, but once people go through the process, it is very rewarding.



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*“If we knew what it was we were doing, it would not be called research, would it? - Albert Einstein*

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## Awards, Media Highlights, & Mentorship

**Tahhan S** was recommended for the EVMS/Sentara Endowed Chair for Academic Leadership Advancement in Internal Medicine & recently awarded confirmation by the EVMS Board of Visitors.

**Niknejad B** was awarded the Rosemary Fenton and Garnett Jordan Professorship in Geriatrics by the EVMS Board of Visitors.

**Hanrahan J** spoke on live television to promote World Aids Day 2023. View link from the 01 December 2023 video [here](#).

**Siraj E** was recently interviewed for a Healio exclusive. Educate, explore options to limit risks for statin-intolerant patients. View link from the 22 November 2023 website link [here](#).

**Shah M** spoke on Wavy 10/live television to promote, Movember: Diabetes can cause unique symptoms in men. To view link from the 14 November 2023 video click [here](#).

A grateful EVMS family donated **\$10,000** to the EVMS Community Faculty Research Award in honor of **Johnson DA** & his excellent patient care. Congratulations!

The Fraternal Order of Eagles presented **Okhravi H** and the Glennan Center Faculty with a check for **\$5,000** to support Alzheimer’s Disease research on 11/18/23.

**Okhravi H** was invited to serve as an expert panel member for the development of clinical guidelines on the use of blood-based biomarkers by the Alzheimer’s Association.

Congratulations to PCCM fellows, **Abouleish YZ**, & **Heyder, A** for passing their pulmonary board exams.

Congratulations to **Schreiter BR** for her appointment as the Site Process Improvement, Networking, and Support Committee (SPINS) for the Alzheimer’s Clinical Trials Consortium.

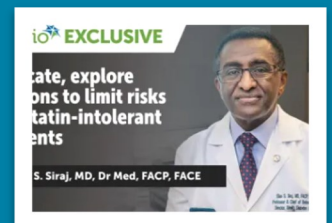
### Reminders:

Grand Rounds, Wednesdays at noon in Waitzer Hall, Suite #300

- 1/3/24– Dr. Susan Brown, EVMS
- 1/10/24 - Dr. Elias Siraj, EVMS
- 1/17/24, Dr. David Spiegel, EVMS
- 1/24/24, Dr. Edward Oldfield, IV, EVMS

Research Events—5 p.m.  
Hofheimer Hall—5th floor  
Large Conference Room;  
Hybrid option available on Zoom:

- Controlled Trials: Dr. Angela Toepp, 1/9/24
- Journal Club: Controlled Trials 1/23/24
- Case Report Write-Ups, Dr. Sami Tahhan, 2/13/24
- Journal Club: Controlled Trials 2/27/24



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