

Message

Scholarship



#IMResearchEVMS

**Abstract
Deadlines:**

5th [Annual Educational
Scholarship Day](#) (Fine
Family Academy of
Educators) – due Feb. 6

[American Society of
Clinical Oncology
\(ASCO\)](#) – due Feb. 14

SAVE THE DATE!

IM Research Bootcamp

August 26 & September 9

More details to be
announced soon!

Dear Colleagues,

Welcome to Volume 2, Issue 2 of our Research Newsletter! On Jan. 12, Dr. Liza Botros led a journal club on cost-benefit analysis, and on Jan. 26, Dr. Chinelo Okigbo led an outstanding workshop on “Epidemiology Research 101.” Upcoming sessions: Dr. Rehan Qayyum will lead workshops on “Designing the Data Collection” and “Inference from Data Analysis” on Feb. 9 and Feb. 23 respectively. Sessions are held in Hofheimer Hall, 5th floor, from 5-6PM. Virtual option available. All welcome – no experience necessary!

PEER-REVIEWED PUBLICATIONS:

By EVMS Faculty, Fellows, and Residents

- Walker LE, Poltavskiy E, Howard JT, Janak J., Watrous J., Alcover K., Pettey W., **Ambardar S.**, Meyer E., Gundlapalli A., Steward I. Suicide attempts and mental health diagnoses in combat-injured service members: A retrospective cohort study [published online ahead of print, 2022 Dec 28]. *Suicide Life Threat Behav.* 2022;10.1111/sltb.12938. doi:10.1111/sltb.12938
- Hwang Y, Abuja KR, Haque SM, Jones G. Naseer A., Shechter O., Siddiqui S., **Qayyum R.** Anemia prevalence time trends and disparities in the US population: examination of NHANES 1999-2020. *Journal of Investigative Medicine.* 2023;0(0). doi:10.1177/10815589221140597

By EVMS Community Faculty

- Lindauer KE, Ingemi AI, McMahon MR, Lichvar A, Baran DA, Cameron C, Badiye A, Sawey E, Old W, Yao A, **Yehya A.**, Herre J. Utilization and safety of apixaban for therapeutic anticoagulation in heart transplant population requiring routine endomyocardial biopsies. *Clin Transplant.* 2022;36(12):e14828.

ABSTRACTS, PRESENTATIONS, & AWARDS:

2023 Innovations in Medical Education Conference

- Kathroti, M., **Galicia-Castillo M.C** “Determining Effective Communication Strategies for Palliative Medicine Family Meetings” [Poster]

American Thoracic Society International Conference

- **Botros, L., Qayyum R.** “Platelet Distribution Width Is an Independent Predictor of All-Cause and Cardiac Mortality Among Health U.S. Adults” [Research Abstract]
- Ibrar M., **Tahhan S.** “Pacemaker nearly turns into a widow maker” [Clinical Vignette]
- **Mussarat S.**, Marina J., Inayat N. “Pulmonary Actinomyces: A Diagnostic Riddle” [Clinical Vignette]
- Dylan C., **Mussarat S.** “Rare Association of Life-threatening Hypokalemia Secondary to Rituximab Infusion” [Clinical Vignette]
- Hoerle R., **Mussarat S.**, Marina J., **Xiao Q.** “Chryseobacterium indologenes Ards in a young, previously immunocompetent patient of Chinese descent” [Clinical Vignette]

Society of Hospital Medicine Converge 2023

- Carr C., **Tahhan S., Avila C., Qayyum R.** The Effect of Medicaid Expansion on 30-day Hospital Readmissions [Plenary Session]
- **Avila C., Qayyum R.** The Case-Mix Index and Readmission Rates Across U.S. Hospitals [Travel Grant]
- Gupta G., **Tahhan S., Goodman M., Qayyum R.** Validation of the Hospital Score to Predict 30-day Readmissions [Research Abstract]
- **Deo M., Avila C., Qayyum R.** Long-term Hospital Readmission Rates Based on Teaching vs. Non-Teaching Status [Research Abstract]
- Schinderle C., Kurbanova N., **Bahniwal R., Avila A., Qayyum R.** NT-proBNP and Long-term Mortality Risk in Healthy Adults [Research Abstract]
- **Varava J., Tahhan S.** One Diagnosis Does Not Rule Out Another [Clinical Vignette]
- **Al Allawi S., Tahhan S.** This Disease Is Not Your Bud [Clinical Vignette]
- **Knaub A., Liles A., Tran K., King J.** A Strongyloides Case for Infectious Uveitis [Clinical Vignette]
- **Basith A., Shah M.** Not a Broken Heart [Clinical Vignette]
- **Ayesha, Shah M.** Cryptic Catecholamine [Clinical Vignette]
- **Ayesha, Ezedike C.** Sweet Surrender – Post COVID19 [Clinical Vignette]
- **Knaub A., Talreja D.** Primary Meningococcal Pericarditis in a Human Immunodeficiency Virus Positive Patient [Clinical Vignette]
- **Patel V., Goodman M.** Is there rheum in your heart?: nonrheumatic strep myocarditis [Clinical Vignette]

EVMS Office of Research Medical Student Research Mentor (MSRM) Supplemental Fund Awardees:*

- **Dr. Sami Tahhan** [\$400 to cover Chloe Carr (MS4) travel expenses to SHM conference]
- **Dr. Rehan Qayyum** [\$400 to cover Colleen Schinderle (MS2) travel expenses to SHM conference]

*The MSRM Supplemental Fund is available to assist EVMS mentors with the cost of supplies, travel, poster presentations, or other research necessities related to mentoring students during the academic year or summer. To apply, please email AvilaCJ@evms.edu for the 1-page application. Acceptances are made on a rolling basis.

Announcements

Hofheimer Hall, 5th floor
Large Conference Room

In-person or virtual
option available

Researcher Spotlight



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

Dr. Okhravi (Director of the Memory Consultation Clinic) was featured (1) on [WAVY News 10](#) to discuss a newly approved anti-amyloid antibody (Lecanemab) and (2) on [Youtube](#) in a video highlighting an EVMS participant in the AHEAD clinical trial.

Dr. Johnson (Chief of Gastroenterology) provided [Medscape commentary](#) on (1) AGA guidance for managing subepithelial GI lesions and (2) guidance on managing gastric intestinal metaplasia. He also gave a virtual presentation, titled “Intestinal Microbiome – The Answer to All our Ailments?” for the endowed Dyck lectureship at Baylor Scott & White Health - Temple on Jan. 13th.

RESEARCH WORKSHOPS & JOURNAL CLUBS:



February 9, 2023 (5-6 PM) workshop on “**Designing Data Collection**”

February 23, 2023 (5-6PM) workshop on “**Inference from Data Analysis**”

Dr. Rehan Qayyum will lead both sessions in February. Audience members will leave with a better understanding of how to interpret analysis output and infer from statistical results. We will review effect size, confidence intervals, p-values, causal inference, and more. These workshops include examples of real-world scenarios for optimal learning. Open to all students, residents, fellows, and faculty. No research experience necessary!

GRAND ROUNDS: Noon – 1PM in Waitzer Hall, Suite 300.

February 1, 2023 – “Management of Acute & Recurrent Pericarditis” - Dr. Antonio Abbate (UVA)

February 8, 2023 – “An Update on Antimicrobial Stewardship” - Dr. Jennifer Hanrahan (EVMS)

February 15, 2023 – “Newer Diabetes Medications and their Cardiovascular Renal Benefits: Focus on GLP-1 Agonists and SGLT-2 Inhibitors” - Dr. Elias Siraj (EVMS)

DAVID A. JOHNSON, MD, MACG, FASGE, MACP

Please tell us about yourself: Despite my primary focus on the clinical practice of gastroenterology, I have published extensively in the internal medicine/gastroenterology literature, contributing over 700 articles/chapters/invited reviews and abstracts in peer-reviewed journals and edited/co-edited 7 books and 6 journals. I have been privileged to serve as President of the American College of Gastroenterology (ACG) and member of American Board of Internal Medicine (Gastroenterology) examination Board. I have been honored as a Master of the ACG, ACP and VA GI Society and honored as “Great Teacher” by the National Institutes of Health and the American Gastroenterological Association and received the highest honored awards from the ACG including the Samuel Weis, Berk Fise and William D Carey awards.

Describe the studies you are currently working on: I am presently working on the use of a prebiotic to treat gastroesophageal reflux. The current paradigm is directed at reduction of gastric acid refluxing into the esophagus. We strongly believe that acid reflux works in concert with bacterial shifts in the esophagus to stimulate the injury. Rebalancing esophageal bacteria (in this case using an ingested prebiotic natural occurring substance) works to obviate the need for acid reducing medications such as proton pump inhibitors. Our preliminary data is strongly supportive. We are beginning the randomized controlled trial (working with Dr. Mark Flemmer) to explore more scientifically, including advanced analysis of esophageal microbiome changes.

Can medical students and residents get involved in your current studies? If so, how will they be involved? Potentially as the trial proceeds. I have several medical students and residents who work closely with me in particular on manuscripts/invited reviews. We had cofounded the EVMS Community Faculty Award to help financially support trainees who present research at national meetings and develop a manuscript around their presentation. Trainees should contact our faculty who are currently working with trainees for research/manuscripts - in particular Dr Parth Parekh and Dr Edward Oldfield IV.

How have your research interests evolved? My initial interests focused on colon cancer screening. I directed the first published study in the world on the colonoscopy for colon cancer screening (1988). Additionally, I was the physician who worked with Virginia State Senator Emily Couric to put through the historic first legislation to mandate colon cancer screening with colonoscopy as the preferred standard. This initiative in Virginia has set the model for other states which have followed with similar legislation mandating CRC screening. I have had additional focus on esophageal disease (primarily GERD), as well as sleep and effects on GI health. Most recently I focused on the GI microbiome and edited 2 books, including the 2022 translational book “Esophageal Disease and the Role of the Microbiome” (first in the world on this topic).

Who were/are your research mentors and what have you learned from them? I have had the great privilege to have during my tenure at the National Naval Medical Center Bethesda to work with the best of the best in GI. This includes Drs. Don Gastell, Joel Richter, Hyman Zimmerman, Ed Cattau, Stan Benjamin, David Fleischer, Larry Johnson, and David Peura...to name a few! What I learned from them is that a great research question should not just provide answers, but lead to another series of great questions!

What is your favorite hobby, a recent book you’ve read, or TV show you’ve watched...and tell us about what you enjoy about it! For 40+ years, I have been a serious wine collector with vintages in my cellar going back to the 1880s. [Wine collecting] is similar to how I approach medicine and research – focus on what you enjoy, be analytic and synthesizing of data. Also, just like research - great wine is meant to be shared!