

IN IGNOTIS *"Into the unknown"*

EVMS Internal Medicine Research Newsletter

Message



#IMResearchEVMS

Scholarship

Society of Hospital
Medicine (SHM) abstract
submission now open!
Deadline: Tues., Nov. 29th

American College of
Physicians (ACP)
Resident/Fellow Research
submission now open!
Deadline: Weds., Nov. 30th

Society of General Internal
Medicine (SGIM) now
accepting scientific abstract
submissions!
Deadline: Mon., Dec. 19th

Research Day IM Mentors:
Drs. Goudar, Qiao, Mussarat,
Hooper, Parson, McCune,
Galicia-Castillo, Johnson,
Ryal, Dunstan, Goodman,
Qayyum, Shah, Patel,
Weaver, Dukes, King,
Kannarkat, Derber, Casellini,
Okhravi, Tahhan

Dear Colleagues,

Welcome to Volume 1, Issue 8 of our Department of Internal Medicine Research Newsletter!

On Oct. 6, Dr. Botros led a well-attended Journal Club on cross-sectional study design. EVMS Research Day featured a record number of posters on Oct 14, and Dr. Tillman continued our research series with a "Research vs. QI: What's the Difference?" workshop on Oct. 20th. IMRAC met on Oct. 26th.

Upcoming events include: Journal Club (randomized control trials) on Nov. 3rd, and a workshop by Dr. Rogers-Johnson on "Understanding Survey-based Research" Nov. 17th.



PEER-REVIEWED PUBLICATIONS:

By EVMS Faculty, Fellows, and Residents

- Berger J, Gourneni S, Lau J, Rhone E, Worfolk J, **Hooper B**. Transitions in Medical Education: Themes From Learners in Training During a Pandemic. *Acad Med*. 2022;97(11S):S153.
- King B, **Singh D**, Rathore A, **Flenner R**, **Flemmer M**. Case Report with Systematic Literature Review on Vascular Complications of BCG Intravesical Therapy for Bladder Cancer. Oct. 2022. *J Clin Med*. 2022;11(20):6226.
- **Vivino GR**, **Crofton NA**, **Mussarat S**. Diabetic Ketoacidosis and Acute Mesenteric Ischemia in Adults: An Underreported Association. *Cureus*. 2022;14(9):e29053. Published 2022 Sep 11.
- O'Connell KA, Sherani S, Kisteneff A, Bhat K, Slater J, Klein CF, Lavey B, Malone A, **Qayyum R**, **Derber CJ**. Factors Affecting Adherence With Follow-up Appointments in HIV Patients. *Cureus*. 2022 Sep 21;14(9):e29424.

By Community Faculty

- Lindauer KE, Ingemi AI, **McMahon MR**, Lichvar A, **Baran DA**, Cameron C, **Badiye A**, **Sawey EJ**, **Old W**, Yao A, **Yehya A**, **Herre JM**. The utilization and safety of apixaban for therapeutic anticoagulation in heart transplant population requiring routine endomyocardial biopsies. *Clin Transplant*. 2022 Oct 4:e14828.
- Bondor CI, Cosma DT, Florea B, Sima DI, Tăuț A, Vereșiu IA, Vinik EJ, **Vinik A**, Vonica C, Gâvan NA. Predictive value of a novel sub-item mortality risk score derived from the Norfolk Quality of Life in Diabetic Neuropathy questionnaire in Romanian participants. *Prim Care Diabetes*. 2022 Oct;16(5):684-691.
- Rao SSC, Qureshi WA, Yan Y, **Johnson DA**. Constipation, Hemorrhoids, and Anorectal Disorders in Pregnancy. *Am J Gastroenterol*. 2022;117(10S):16-25.
- Schmidt E, Reau NS, **Johnson DA**. Continuing Medical Education Questions: Oct. 2022. *Am J Gastroenterol*. 2022;117(10):1565.

ABSTRACTS, PRESENTATIONS, & AWARDS:

- **Dr. Patel** selected ACP Virginia Chapter Resident/Fellow Clinical Vignette competition winner for the abstract "The Clot Thickens: Procedures can be a Pain in the Neck"
- Islam M., **Tahhan S**. "Purulent Teeth and Purulent Plueral Space" case report accepted for presentation at the 2023 Society of Critical Care Medicine (SCCM).
- **Dr. Niknejad** presented at "A Community Discussion on Memory Loss Prevention" on Oct. 11.
- **Dr. Johnson** provided commentary for "Sugar-Free Paradox: Do Artificial Sweeteners Help or Hurt?", "Treating Eosinophilic Esophagitis, Being by Removing Milk, "Rethinking Fluid Resuscitation in Acute Pancreatitis" and "Challenges to Colonoscopy as a CRC Screening?" for Medscape Gastroenterology.
- **Dr. Okhravi & Dr. Niknejad** spoke on Oct. 9 at New Hope Baptist Churt about Alzheimer's, dementia, and memory loss prevention and local resources.
- **Dr. Munir** presented "Seizures and Palliative Medicine" at the VCU ECHO seminar on Oct. 26, 2022.
- **Dr. Okhravi** presented "Is this Alzheimer's Disease or Age-related Memory Loss?" on Oct. 26, 2022

53 posters were mentored by IM faculty at Research Day on Oct. 14. *Thank you for supporting and participating in this event!!*

- Congratulations to Dr. **Kanishk Sharma** (Fellow) for being selected as a Research Day platform speaker!



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](mailto:Cindy.Avila@evms.edu) for
consideration in our
upcoming newsletters

RESEARCH WORKSHOPS & JOURNAL CLUBS:



November 3, 2022 (5-6 PM) Mark your calendar for fun at the **Research Journal Club** – we will be discussing a [clinical article](#) that used a randomized control trial study design: Connolly SJ, Karthikeyan G, Ntsekhe M, et al. Rivaroxaban in Rheumatic Heart Disease-Associated Atrial Fibrillation. *N Engl J Med.* 2022;387(11):978-988. As always, there will be plenty of time for discussion and learning. Dr. Liza Botros will review study design, epidemiological principles, and some biostatistical rules. Previously, we have covered cross-sectional study design, retrospective cohort study design, prospective cohort study design.



November 17, 2022 (5-6 PM) **“Understanding Survey-Based Research”** led by Michelle Rogers-Johnson, PhD. Dr. Rogers-Johnson is the Assistant Dean for EVMS Assessment and Student Learning, and teaches in the MHPE program. She has over 10 years of assessment experience and is responsible for management, collection, and timely reporting of data. Dr. Rogers-Johnson’s presentation will cover topics such as longitudinal vs. cross-sectional survey research, how to write survey questions, survey validation, and review of order effects bias.

GRAND ROUNDS:



November 2, 2022 (noon – 1PM in Waitzer Hall, Suite 300). Virtual option also available. “How Does Diversity Impact Biomedical Science? **Marie A. Bernard, MD** is Chief Officer for Scientific Workforce Diversity at the NIH. In-person attendees will receive box-lunched. Registration not required. This event has been approved for 1.0 *AMA PRA Category 1 Credit*.

December 7, 2022 (noon – 1PM). **Amin Yehya, MD** is a Sentara Cardiologist who will present on Acute Heart Failure. Additional event details will be released soon!

**Starting in January, Grand Rounds will be held on Wednesdays during the first three weeks!*

#Marissas50for50 Dr. Galicia-Castillo is partnering with the American Red Cross for a blood donation campaign in honor of her 50th birthday! Please use the QR code to pledge a donation.



HAMID OKHRAVI, MD

Please tell us about yourself: My goal is to empower people and promote independence in a way that patient’s feel in control of their life. I couldn’t find a better specialty than geriatrics to achieve this goal. I completed my fellowship at the Mayo Clinic in Rochester, MN, during which I developed a passion for research in the field of cognitive disorders and Alzheimer’s disease. I joined the EVMS Glennan Center in July 2010. Within two months of joining faculty, I started a half day practice at the Memory Consultation Clinic. I ultimately developed a multi-disciplinary memory evaluation program, and expanded our service from a half day to five days per week.

How have your research interests changed over time? In 2011, I started my first clinical trial as a PI after receiving a two-year grant to study the effect an AARP driving course had on middle-aged and older drivers. Our results were used to develop the AARP “Smart Driver Course” framework. Today, my interest is in Alzheimer’s disease biomarkers and therapeutics. I recently received a grant from the EVMS-Sentara Joint Committee to establish the Integrated Neurodegenerative Disorders Center (INDC). The INDC received institutional approval in 2021, and is now a hub for basic science and clinical researchers who are interested in Alzheimer’s and Parkinson’s disease biomarker discovery. Our efforts have been very promising thus far!

What studies are you currently working on? I lead 20 active studies, which include clinical trials in Alzheimer’s disease, diagnostic studies, biomarker discovery, big data research, and registry/biorepository projects. Our Memory Clinic Registry Project has more than 250 participants from healthy controls, mild cognitive impairment, and patients with dementia. This comprehensive project gathers more than 2000 data points for every participant during their initial visit. Last year, we started the first ever phase-two clinical trial studying the effects of THC-free CBD oil on agitation in patients with dementia. We have enrolled over 30 participants and expect to complete enrollment in March 2023. We are also a site for the first-ever primary prevention of Alzheimer’s disease study, known as AHEAD3-45. Thanks to funding from the Alzheimer’s Association, we have been very successful in community outreach and were recently featured on local news for enrolling the first African American participant in this nation-wide AHEAD study.

Who were your research mentors and what have you learned from them? I did not have a research mentor. While I acknowledge that mentors can be an effective tool and provide excellent feedback, I believe your career is not lost if you cannot find one. You may be able to achieve your dreams with passion, patience, good colleagues, and departmental support. I’ve found that’s all you need!

What advice do you have for someone looking to get involved in research? Find a good research question in your field. Think pragmatically and go for small intramural funding (HADSI, CRG, Ryan Translational, etc). Don’t hesitate to reach out to me or others with research experience if you have questions!