In Ignotis "Into the Unknown"

Message from the Chair I'm thrilled to share our faculty's achievements, including numerous awards, impactful research publications, and media recognition. Our Research Boot Camp was a great success, fostering collaboration and camaraderie. Thank you to the many individuals who made this possible. We plan to offer this scholarly event each year. I'm also excited to announce the return of the Weekly Grand Rounds, Research Methods Workshop and Research Journal Club—all proven platforms for scholarly growth. Let's build upon these achievements, maintaining our commitment to excellence and innovation. Our first workshop will be held on September 12 @ 5:00 p.m. This was also a defining month for Department of Internal Medicine research. Congratulations to the Williams Hall research team for their pivotal role in the Novo Nordisk trial. Our site added to the findings of this landmark study which showed a reduced risk of heart attack, stroke, & heart-related death by 20% for patients with obesity & cardiovascular disease (no diabetes)!

We are thrilled to announce that the Glennan Center was also chosen as a site for the prestigious Alzheimer's Clinical Trials Consortium (ACTC) network. Congratulations to our research team for your commitment and dedication to this groundbreaking research and for securing a spot in this clinical trial for our institution! Don't forget to tell your patients, staff, & colleagues about two additional RCTs that are taking place in our department.

- 1) The first study in the world to evaluate a safe and highly effective approach for Heartburn/GERD, a highly prevalent and increasingly incident disease! For more information contact Johnson DJ/Flemmer M or visit the study's website: (571)-415-5775, Clinicalstudyinfo.com/dlds.
- 2) Do your part to improve cancer detection by recruiting patients or participating in the Pathfinder 2 study, open to adults aged 50 years+. For more information contact Tahhan S or visit the study's website: Joinpathfinder2study.com

Finally, registration for the 4th session of Palliative Care Medicine Learning Collaborative is happening right now. The Power of Touch session hosted by Thomson K will be held on September 7, 2023 from 12:00-1:30 p.m. Additionally, registration for the Virginia ACP Annual Scientific Meeting is open. We are pleased to annual nounce that seven of our faculty members will be presented with awards during this meeting! Congratulations all, for your hard work and dedication to graduate medical education. We are fortunate to have you on our academic team as we enthusiastically mentor the next generation physicians.

Peer-reviewed Publications

- Meliagros P, Garber A, Sadr N, Forrest R, Qayyum R. Competency-based assessment of procedural skills in resident training. J Hosp Med. 2023 Aug;18(8):703-718. doi: 10.1002/jhm.13167. Epub 2023 Jul 16. PMID: 37455365.
- Pletnikova A, Okhravi HR, Jamil N, Kirby M, Lyketsos CG, Oh ES. Utility of amyloid PET Imaging in a Memory Clinic. Alzheimer Dis Assoc Disord. 2023 Aug 11. Epub ahead of print. PMID: 37561943.
- 3) Correa R, Miragaya J, Cohen DA, Hoang TD, Jasim S, Lieb DC, Weber SL, Bird MD, Stec C; Clinical Practice Guidelines Oversight Committee. Protocol for Development of American Association of Clinical Endocrinology Clinical Practice Guidelines and Consensus Statements: Summary of Methodology, Process, and Policy - 2023 Update. Endocr Pract. 2023 May;29(5):341 -348.

Abstracts, Posters, & Presentations

- 1) **Okhravi HR,** Fang F, Seehan B. Association of antipsychotic medication use with mortality, stroke, and myocardial infarction among long-term nursing home Medicare beneficiaries (Presented at AAIC – Amsterdam, the Netherlands on July 18).
- 2) **Okhravi HR**. Invited speaker/presenter on ALZ-NET registry, groundbreaking nationally project funded by Alzheimer's Association (Presented at AAIC Amsterdam, the Netherlands, July 19).
- 3) Sill JM. Invited speaker/presenter on Interstitial Lung Disease (Presented at VAPA conference in Virginia Beach, Virginia, July 26).









Inside this issue

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New Faces in Internal Medicine - Research Manager Support Team

What motivates you to do research? Max: There is a forward-thinking, or optimistic, nature to research which allows us to explore while remaining mindful of the staggering contributions made by others. It's a nod to the past while looking towards the future. Julie: I am a naturally inquisitive and curious person who loves to solve problems. Research is a detailed & dynamic process that makes every day interesting. It is also a catalyst for effecting real change in a purposeful manner.

What have you learned from your own research mentors? Max: Try to address only one question; and make it a simple one. Sooner or later we all learn that it's really not wise to try to run before you can walk. Julie: I think that Isaac Newton said it best, "If I have seen further it is by standing on the shoulders of Giants." My mentors widened my perspective of research by allowing me to see that we can all use our talents & interests to impact others in a positive way. Research takes perseverance, dedication, passion, flexibility, & humility. It necessitates that we use self-reflection and that we accept the fact that there might be a better way of doing things.

What have you learned about research by being a mentor to other learners? Max: Time spent planning and organizing will pay off many times over the long term. Each time I try to develop a skill, the experience of helping others reminds me to keep each step manageable. Julie: Mentoring others has allowed me to see the research process from many different paradigms. It is an exciting challenge to meet the needs of learners in a way that best fits their individual passions, talents, & interests for discovery, while also motivating them to exceed their own expectations for what is possible.

"Research is formalized curiosity. It is poking and prying with a purpose"
-Zora Neale Hurston

Awards, Media Highlights, & Other Commentaries

Stein S, PGY-2, Received the Resident Roundtable Award/Scholarship from the Cystic Fibrosis Foundation for the NACFC annual conference.

Lieb D. YouTube clip – Cosmopolitan Club of Norfolk & EVMS Working Together to Lower Diabetes Rate in Western Tidewater - Web link

Shah M. "Inflammation and Cardiovascular Disease in Diabetes." Clinical Diabetology 12.3 (2023): 139-140.

Community Teaching Award – **Dr. Matthew Bernens**, Associate Program Director, Pulmonary and Critical Care Medicine Fellowship

Inpatient Internal Medicine Teaching Award – **Dr. Aaron Mills**, Assistant Professor, Internal Medicine Clerkship Director

Inpatient Subspecialist Teaching Award – **Dr. Timothy Ori**, Assistant Professor, Pulmonary and Critical Care Division

Mentorship Award - Dr. Rehan Qayyum, Professor and Chair, Internal Medicine

Outpatient Internal Medicine Teaching Award – **Dr. Thomas Manser**, Professor and Division Chief, Internal Medicine

Outpatient Subspecialist Teaching Award – **Dr. Christian Weaver**, Assistant Professor, Infectious Diseases Division

Paul Florentino Volunteerism Award – **Dr. Hamid Okhravi**, Associate Professor, Geriatrics and Palliative Medicine Division

Johnson DA Medscape Commentaries 18 July 2023, 4 New Studies Shed Light on Microscopic Colitis -Web link; 24 July 2023, A Little Training Goes a Long Way in Improving Colonoscopy -Web link; 25 July 2023, Reducing Risk for Clostridioides dificile Recurrence - Web link; 31 July 2023, 'One and Done' Screening Approach for Barrett Esophagus May Not Be Enough; 4 August 2023, GI Side Effects, Anesthesia Risks with GLP-1 Agonists - Web link

Reminders:

- EVMS Research day (October) call for abstracts, due 9/5/23
- Commonwealth
 Health Research
 Board (CHRB) Grants
 due 9/21/23
- Call for abstracts for Early Career Professionals & Professionals in Training— AAHPM's annual assembly (Phoenix, AZ) due 9/25/23
- CROI, call for general abstracts & scholar-ship applications
 (Denver, CO) due
 9/27/23
- Call for abstracts, AACE 2024 (New Orleans, LA) opens 10/2/23
- ACR Convergence,
 Late-breaking abstract
 submissions due
 10/3/23
- Call for abstracts,
 Southern Society for
 Clinical Investigation
 (New Orleans, LA)
 due 10/6/23

Please send scholarly updates to:

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