Dear Colleagues,

Welcome to the Fall edition of our medicine residency research newsletter! This initiative is an effort to both highlight exciting projects involving our current housestaff and recent graduates (to recognize you in the program for your achievements) but also inform trainees about the types of investigation being performed at Stanford. We define research comprehensively, as quality improvement, global health, outcomes research, medical education, clinical investigation, translational research, implementation science, qualitative studies, clinical trials, and device/service innovation all count. This newsletter will also announce courses or resources available to our residents on campus. Without further ado:

**Resident Research Spotlight:**

This quarter’s research spotlight highlights R2 Rachita Navara!

**Tell us a little about yourself**

- **RN:** I was born in England and lived in 16 different cities over the years. I knew I wanted to be a doctor from the ripe age of four, but I’ve also always loved making things with my hands. In high school, I was fascinated by electronic circuits and debugging them to fix things that stopped working. Little did I know that my future research would involve atrial fibrillation ablation, which is essentially debugging circuits inside the heart!

**How did these interests lead to your work in biomedical engineering?**

- **RN:** I went to the F.W. Olin College in Massachusetts, which is a unique engineering program with just 300 students whose mission is to create the next generation of innovative engineers. I learned to design and market medical devices and partnered with Boston Scientific, working on things from cardiac stents to novel polymers. In medical school at UT Southwestern in Texas, I got the opportunity to lead a sub-study of the ACE-CTO prospective clinical trial over three years, investigating clinical and intravascular ultrasound outcomes of the latest drug-eluting stent.

**Tell us about your current research**

- **RN:** Since joining Stanford for residency, I’ve been fortunate to work with Dr. Sanjiv Narayan in the Division of Cardiovascular Medicine, researching atrial fibrillation (AF) and atrial tachycardia (AT), with the goal of improving catheter ablation for arrhythmias. It was an honor to receive the Stanford Society of Physician Scholar (SPSS) grant during my intern year for my research with Dr. Narayan, who pioneered FIRM ablation as a novel technique for AF treatment. Dr. Narayan was a perfect fit for my research interests given his engineering background, and it’s inspiring to see the software he developed for rotor mapping in action in the EP lab. My specific project investigates patients with both AF and AT in an effort to understand the mechanisms and localization of these arrhythmias within the atria, in order to target ablation for improved patient outcomes.

**Why Stanford?**

- **RN:** Stanford was my top choice for residency since medical school because it has such strong emphases in both clinical medicine and innovation, especially with device design. I’m in the Biodesign and Innovation Pathway of Distinction (POD), which helps connect residents to many of Stanford’s tech-focused attendings and engineering professors. The Department supports trainee research through both mentoring and financial support, such as the SPSS grant. There are so many opportunities across campus, and I’m excited to be at the forefront of innovation that I could be using by the time I’m in clinical practice!

**What advice do you have for interns and residents interested in research?**

- **RN:** I’ve been fortunate enough to have incredible mentors invest in me over the years, and program leadership can be a great resource for getting connected with a mentor. Also, don’t be afraid to start early—even if you’re not performing research or publishing right away, it’s worth carving a niche with a mentor and research group and spending time in the field. That way, once you find a balance with your clinical duties and have more time for a project, you have the support and resources to hit the ground running!
Papers and Presentations:
Congratulations to the following authors for their recent publications and presentations in the past semester!

Third Year Residents:


Second Year Residents:


Papers and Presentations (Continued):

First Year Residents (Interns):


Recent Graduates:


Methods, Materials, Mentors:

- Please see [http://lane.stanford.edu/classes-consult/laneclasses.html](http://lane.stanford.edu/classes-consult/laneclasses.html) for a list of upcoming Fall research courses offered by Lane Library. Many of these classes are incredibly helpful, including advanced PubMed use, Data Visualization, SQL, Systematic Review Methodology, MATLAB, Introduction to R, and EndNote/Zotero/Mendeley among many others. Highly recommended!

- Consider applying for the Presence-Biomedical Ontology Fellowship, a unique opportunity to work with Drs Abraham Verghese and Mark Musen to research and define a framework for the ontology of the psychosocial aspects of healthcare and disease prevention. Find out more at [http://medicinecalendars.stanford.edu/event/12459/?instance_id=19411](http://medicinecalendars.stanford.edu/event/12459/?instance_id=19411).

- Reminder: The deadline for the Paul Kalanithi Fiction Award is upcoming—The Palliative Care Section is soliciting short stories and poetry on the subject of chronic or life-limiting disease. Please see [http://medicinecalendars.stanford.edu/event/12459/?instance_id=19411](http://medicinecalendars.stanford.edu/event/12459/?instance_id=19411) for more information.

Speeches, Seminars, Sessions:

- **2017 Stanford Center for Innovation in Global Health Annual Research Convening**: Please note the extended deadline for abstracts to the Stanford CIGH research meeting to October 28. Register at [http://globalhealth.stanford.edu/research/ResearchConvening2017.html](http://globalhealth.stanford.edu/research/ResearchConvening2017.html)

- Biomedical Informatics Research Colloquium: “Patient Engagement and Outreach” by alumnus of the residency program and current BMIR professor, Lance Downing. October 27, 12-1pm at MSOB, 2nd Floor, Room X275, Stanford.

- **Department of Medicine Seminar on Clinical Trials Compliance**: Representatives from the Stanford Center for Clinical Research, Clinical Research Quality, and Cancer Clinical Trials Office invite you to a panel discussion and Q&A on reporting study results on ClinicalTrials.gov on October 27, 10-11am in Alway Building, Room M114. Lead speaker will be Departmental Vice-Chair Dr. Ken Mahaffey.
2016 ACP Northern California Annual Meeting:

Congratulations to the following residents for their abstract acceptances for the 2016 ACP Northern California Annual Meeting! Please come to the event on November 19 to support your colleagues and watch our Nationals-qualifying jeopardy team (Ashish Sarraju, Samantha Wang, and Kai Swenson) compete for a shot at the crown!

- **Shreya Shah**: A Randomized Controlled Trial of a Patient-Centered Intervention to Reduce Unnecessary Dual-Energy X-Ray Absorptiometry (DEXA) Screening in Younger and Lower-Risk Patients.

- **Lijia Xie**: An Intervention to Reduce Telemetry Use at an Academic Center and Its Impact on Rapid Response Team and Code Events.

- **Jessica Langston**: A Case of Severe Disseminated Mycobacterium Avium Complex Infection Associated with Anti-Interferon-Gamma Autoantibodies.

- **Kathleen Jia**: Transforming Physician After Hours Call and Patient Follow-Up: Deployment of Clinical Advice Services at a Large Academic Healthcare System.

- **Viraj Raygor**: A Jarisch-Herxheimer Reaction Resulting from Treatment with Piperacillin-Tazobactam for Undiagnosed Tick-Borne Relapsing Fever.

- **Eric Mou**: Prevalence and Financial Impact of Inappropriate Thrombophilia Testing in the Inpatient Hospital Setting: A Retrospective Analysis.

- **Mike Wei**: ANCA-Associated Glomerulonephritis: A Case of Fatigue, a Rotator Cuff Injury, and Incidental Elevated Creatinine.

- **Jessica Ferguson**: Nocardia Brain Abscesses in Lung Transplant Patient without Evidence of Pulmonary Involvement.

- **Silvia McCandlish**: What Matters Most: Providers Learn from Patients’ Letter Advance Directives.

- **Tony Cun**: The Gallbladder as a Source in Persistent Methicillin-Resistant Staphylococcus aureus Bacteremia.

- **Audra Horomanski**: An Unexpected Cause of Cushing’s Syndrome: Neuroendocrine Carcinoma with Squamous Differentiation.

- **Matthew Stevenson**: Empathy is Associated with Greater Creativity and Lower Burnout Among Internal Medicine Residents.

- **Amrita Krishnamurthy**: Joint Pain in Rheumatologic Disease: Simply a Flare or Something More Sinister?

- **Christopher Barrett**: An Unheard-of Encephalopathy.

- **Kai Swenson**: Acute Renal Transplant Rejection Leading to Disseminated Intravascular Coagulation.

- **Jocelyn Chin**: Piloting Real Time Feedback for Quality Improvement in the Palo Alto VA Women’s Health Center.

If you have academic or innovation activities that you’d like to have highlighted in the newsletter (or know of work other residents or recent graduates have taken part in) please e-mail us at chiefsmed@lists.stanford.edu. These include publications of any authorship status (first, second, third, etc.), presentations, QI projects, patents, etc. **If your research was not recognized this edition, please e-mail us, so we can include it next time.** Also, feel free to send us any interesting courses, lectures, or resources you find out about on campus. If you are interested in helping out with the research interest peer group or the newsletter, please contact us at the e-mail address listed above. Thanks for reading!

Best,
Stanford Internal Medicine Research Interest Peer Group Steering Committee

If you have research you’d like to have highlighted in the newsletter (or know of work other residents or recent graduates have taken part in) please make sure to email us at chiefsmed@lists.stanford.edu. If you are interested in helping out with the research interest peer group or the newsletter, please contact us at the e-mail listed above.

“To have striven, to have made the effort, to have been true to certain ideals – this alone is worth the struggle.”

-- Sir William Osler

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