



Research Interest Group Newsletter

SUMMER

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Welcome!

Dear colleagues,

Welcome to the Summer 2024 edition of our medicine residency research newsletter!

This publication is aimed at both highlighting our residents' exciting projects as well as informing trainees and recruits about the scholarly work taking place at Stanford. We define research comprehensively, including scholarly work done in quality improvement, global health, outcomes research, medical education, clinical investigation, translational research, implementation science, qualitative studies, clinical trials, and device/service innovation.

As we enter the new academic year, we are highlighting two of our superstar residents (of many) to learn a little more about what they've been working on outside of clinical rotations, as well as their advice on finding a project and research mentor!

Additionally, our leadership is changing as Sulaiman steps into the Chief Resident role and passes on the torch to Ishan Paranjpe and Yichen Zhang, now at the helm!

Intern Spotlight - Jimmy Zheng



Hi Jimmy, introduce yourself!

I grew up in the Bay Area in sleepy Saratoga. I am a big boba fan and have tried nearly every option in the peninsula. I went to UCLA for undergrad and directed a mobile street clinic for homeless communities in West LA. After graduating, I remained in LA for two years to work in pharmaceutical and healthcare strategy consulting at L.E.K. Consulting. I then came back to the Bay Area for medical school at Stanford and spent an extra year doing a Masters in Epidemiology. I'm living the dream being close to home and excited to call myself a Stanford lifer!

Can you tell us a little about your ongoing research?

Current understanding of the state of inpatient heart failure management is largely based on quality improvement registries such as Get With The Guidelines-Heart Failure. Less is known about modern practices among community-based health systems. In fact, the last nationwide analysis of diuretic utilization was from the Acute Decompensated Heart Failure National Registry in the early 2000s. My current work leverages an emerging dataset called Truveta of 30+ electronic health records to provide a national update on contemporary inpatient heart failure management, including decongestion and guideline-directed medical therapy titration.

Do you have any tips for the incoming interns and fellow residents on finding a good project and mentor?

In residency, it can be super hard to find time to do research on the side, so a good project may just be a project that is feasible, educational, and presentable or publishable. Sometimes, halfway done projects inherited from prior graduating residents may be easier to take to the finish line, so keep your eye out for those gems!

Most importantly, finding a good mentor can turn any project into a rewarding experience. I would look for a mentor who has bandwidth + resources + vision. These tend to be early-mid career faculty who are active investigators and still have enough time for 1-on-1s with residents. A great starting place is to ask other residents who they have worked with. If interested in a subspecialty, do not hesitate to ask the fellows who they would recommend. You can "shop" around - it is important to find the right fit both in terms of work style and research interests as this will pay dividends.

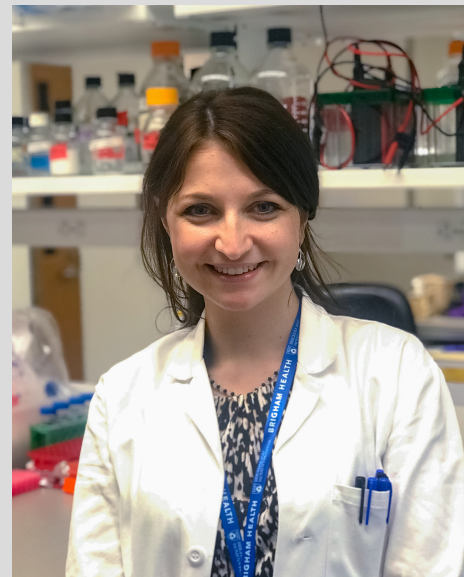
With all that you've accomplished so far, where do you see yourself in 10 years?

I see myself as a clinical trialist in cardiovascular therapeutics, digital health, and device innovation. I find the application of machine learning to cardiovascular risk stratification, early detection of new or worsening disease, and imaging diagnostics particularly exciting.

🔴 Resident Spotlight - Maria Moscvin 🧪

Tell us about yourself, Maria!

I was born in Moldova, a small Eastern European country, but relocated to Italy during my childhood and completed my medical education at the University of Turin. In 2019, I moved to Boston to pursue a postdoc at Dana Farber and Brigham and Women's Hospital, before coming here for residency in 2022. So, quite a few flights along the way! During medical school, I developed an interest in cancer research, spending a few months at Cornell working on Richter's transformation and drug repurposing screening. It was during this period that I realized how rapid the transition from bench to bedside is, which prompted my decision to pursue further training in the United States.



What a journey! So what are you working on right now?

I consider myself incredibly fortunate to have crossed paths with remarkable mentors at Stanford. Not only are they exceptional doctors and scientists, but they have compassionate hearts and are understanding of the challenges of doing research while in residency. With Dr. Tian Zhang, we are working on inv3 AML which has a particularly poor prognosis. With Dr. Surbhi Sidana, we are working on the characterization of the immune reconstitution post BCMA-targeted CAR-T therapy in multiple myeloma. With Dr. Michaela Liedtke, I am working on follow-up research post-Andromeda study regarding the discontinuation of daratumumab in patients with AL amyloidosis.

With my mentor at the Brigham, we are finishing two projects from my postdoc: one project involves characterization of the immune microenvironment via scRNAseq in AL amyloidosis patients, and the other aims to target free light chain secretion via botulinum toxin in AL amyloidosis, which is pretty cool!

With ample research experience, what is your advice on finding a suitable project and mentor during residency?

Try to find something you are passionate about. Clinical commitments should be a priority during these 3 years of residency. If you find a mission or goal that you are really dedicated to, performing research will only bring you more joy and it can be a fun away to take a break from the rotations.

Finding a mentor that is understanding and supportive is vital. It is extremely important that they understand that we can “disappear” for those inpatient months when we need to focus on providing the best care to our patients and having the day off for our physical and mental health.

Don't be shy about reaching out to coresidents or even fellows to ask about prior experiences with mentors!

As you enter your last year of residency, what does the future hold?

I have an interest in rare diseases with poor prognosis for which there is little scientific data, and this is reflected by my prior research on Richter's, AL amyloidosis, and AML. I am passionate about helping individuals who have no therapeutic options and solving the complex scientific conundrum of the dire consequences of cancer - this is what drives me towards a career in Hematology-Oncology. In 10 years, I see myself as an independent investigator with a particular focus on rare cancers.

Scholarly Work

Congratulations to the following residents for showcasing their research over the last few months! Below are the 49 publications, podium presentations, and posters (and likely more not being reported!) that you've told us about and we've found on PubMed over last 6 months.

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