



Research Interest Group Newsletter

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Welcome!

Dear colleagues,

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

This publication is aimed at both highlighting our residents' exciting projects, informing trainees and recruits about the scholarly work taking place at Stanford, showcasing current faculty leaders in research, and flagging interesting events for your radars. 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.

Upcoming Events

Essentials of Clinical Research Course • 1/11/24 - 3/14/24

This 10-session course introduces the basics of clinical research design, including: biostatistics, design of diagnostic and predictive test studies, required/desired elements of clinical trial protocols, the regulatory aspects of clinical research conduct and oversight, Good Clinical Practice (GCP), and ethical dimensions of clinical research.

Signup @ medres.stanford.edu/crc • **Info** @ medres.stanford.edu/crc-info

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Intensive Course in Clinical Research • 9/6/24 - 9/13/24

The Intensive Course in Clinical Research (ICCR) is a one-week immersion course for novice clinical investigators, senior residents, fellows, and junior faculty at Stanford interested in pursuing a career in clinical and translational research at Stanford and who have not had formal training in clinical research as part of a Masters or PhD degree program in Public Health or Epidemiology.

Signup form coming soon (lookout!) • **Info** @ medres.stanford.edu/iccr

We asked Linda Nguyen, the winner of our Resident Research Mentor Award this past spring during our 6th Annual Research Symposium, on more advice for those looking to become more involved in a research project. But first, a little about Dr. Nguyen:

Linda Nguyen is a Clinical Professor in the Stanford Division of Gastroenterology & Hepatology. She received her MD from UCLA and completed both her residency and fellowship at CPMC. A leading figure in the field of Neurogastroenterology & Motility, Dr. Nguyen has dedicated her career to understanding and addressing disorders affecting the gastrointestinal tract, including gastroparesis, functional dyspepsia, and irritable bowel syndrome. She currently serves as the Clinic Chief of the Digestive Health Center at Stanford, and her research interests include exploring the role of physiologic testing on clinical care, innovative therapies for gastroparesis, and neuromodulation in treating gastrointestinal motility disorders and pain.



Linda Nguyen, MD

Tell us a bit about yourself and the path you took to academic medicine.

My family immigrated to the US in 1975 after the fall of Saigon. I knew since the 4th grade that I wanted to be a doctor to help people. Growing up, I was always drawn to detective genre books and films. To me, a doctor is medical detective without the gory murder scenes so it was a natural calling. However, academic medicine was something I stumbled upon. I did not start medical school thinking I wanted to be a professor. In fact, when I applied to residencies, the only academic program I applied to was UCLA where I went to medical school. It wasn't until my GI fellowship that I was bitten by the academic bug. I started doing clinical research to help answer clinically relevant questions. After my first conference presentation, there was no turning back. I came to Stanford in 2008, with a promise of endless opportunities to learn and grow. This has indeed been the case and then some. The work is absolutely hard and incredibly rewarding. There are lots of things I would tell my younger self to do differently. Choosing a career in academic medicine is not one of those things.

Why did you decide to make research & mentorship a part of your career?

I am curious by nature. Research allows me to lean into that curiosity and express my creativity. Some express creativity through art and music. For me, it's through my research and clinical care. Making an impact and leaving a lasting legacy is something that is important to me, especially as I think about the next stage of my career. Something I teach my children is to leave wherever you are better

What research topics are you finding most interesting currently?

There is so much that excites me right now. Broadly, I'm excited about the growing interest in the brain-gut-microbiome connection and how perturbation of the host-microbiome interaction

What are your tips to residents interested in pursuing a career that involves research?

The best definition of research I've seen is that research is the creation of new knowledge or the use of old knowledge in a new way. Based on that definition, the potential for research is

than when you arrived. There is no better way of making an impact than through research and mentorship. Research can help add knowledge to the world and impact patient care while mentorship empowers others to scale that impact. I love mentoring and that 1:1 connection I make with mentees. I learn just as much from my mentees as I teach them. For me, mentoring goes beyond research mentoring and includes life and career mentoring, since we really cannot and should not compartmentalize ourselves.

can drive disease both in the gut and beyond. On the therapeutic front, I am most excited about food as medicine and electroceutical therapies. These therapeutics fall on opposite spectrum of lifestyle and innovation which is a reminder that as we advance science and technology, we cannot forget the basics.

everywhere you look and can be a part of every career you envision. Learn the basic tools needed to do research, know your strengths and build a team that fills in your weaknesses. Research is a team sport so don't go at it alone. Remember, if you're doing something different or learning something new, capture the data, publish it and it becomes "research".

Scholarly Work

Congratulations to the following residents for showcasing their research over the last few months! Below are the 61 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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Research Interest Group Membership

Sulaiman Somani, PGY3 • Jaspreet Pannu, PGY3 • Alexia Zagouras, PGY2 • Ishan Paranjpe, PGY2 • Hunter Bennett, PGY1 • Yichen Zhang, PGY1

If you'd like to be more involved with the Research Interest Group, please don't hesitate to reach out to the current leaders:

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