



Another Super Bowl is in the books and here is one thing we know for sure: the LIONS have **never lost** a Super Bowl! We are quickly approaching Ascension St. John Hospital's Super Bowl of Research: our annual Resident Research Day.

This year Resident Research Day is on Wednesday, May 1. Please set aside some time on that day to learn about the exciting research being done here and to support your residents.

We are making a slight change to our standard research day format this year. Instead of having an oral and a poster competition, all of the presentations will be **oral** presentations. We will have a poster exhibition (not judged) and the poster exhibition will be open to residents, fellows and pharmacy residents. So often, fantastic research being done at Ascension St. John Hospital is presented at local, regional and national meetings, but we never see it here at home. We would like our Research Day to be a forum where we can learn about and celebrate all of the trainee research done at our hospital. More details to come!

I am happy to announce that we have a new IRB Research Assistant, Othuke Abada! As you work with the IRB, you will get to know Othuke.

Finally, the updated Federal regulations on human subjects protections went into place on 1/21/19. Some of our IRB forms have changed and there are other changes in policy that may affect your studies, particularly new studies submitted after 1/21.

Best,

Dr. Susanna Szpunar

Director, Biomedical Investigations and Research

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Fast Stats

"Third Variables"—what are they and what do we do with them?

All of us have heard the term "confounding" or confounder variable. But, are you confounded about what confounding really means?

1. Confounders are a type of "third variable" that can interfere in our investigation of the relationship between an exposure and a disease. A confounder may inflate, deflate or negate any association between the exposure of interest and the disease.
2. To be a confounder, the variable must: 1. be a risk factor (not necessarily a cause) for the disease; 2. be associated with the exposure under study; and 3.) NOT be an intermediate step in the causal path between the exposure and disease.
3. The simplest way to assess whether a variable is a confounder is to do a **stratified** analysis. Assess the association between the potential confounder and the disease, stratified by the exposure of interest. After stratification, if the odds ratio for the association between the potential confounder and the outcome is 1.0 for each stratum, then the variable is a confounder.
4. When you do the stratified analysis, however, you may find that the odds ratio between the third variable and the disease is not equal to 1.0 and it is different in the different strata. This is an example of effect modification.
5. Effect modification occurs when the third variable has a different effect depending upon the level of the exposure of interest.
6. When a variable is a true confounder, we use statistical methods to remove the effect or "control for" the effect of that variable. When the third variable is an effect modifier, we design our statistical models to account for the synergistic effect of the exposure of interest and the effect modifier.

Still confounded? Contact Dr. Szpunar for further explanation!

Black History Month

Usually, this space is reserved for congratulations to our local residents, fellows and faculty physicians for outstanding work. In honor of Black History month, we would like to showcase some of the individuals who made outstanding contributions to medicine.

Patricia Bath, MD: Dr. Bath was the first black female physician awarded a patent for a medical invention. She developed a new device and technique for cataract surgery known as the laserphaco. She was also the first woman chair of ophthalmology at a U.S. medical institution (UCLA) in 1983.

Alexa Canady, MD: Dr. Canady was the first black female neurosurgeon. She received her medical degree from the University of Michigan in 1975, but then had difficulty finding a neurosurgical residency. By 1981, she was America's first black female neurosurgeon. She served as chief of neurosurgery at Children's Hospital of Michigan from 1987-2001.

Charles Drew, MD: Dr. Drew was a trailblazer in storing blood plasma for transfusion and organized the first large-scale blood bank in the U.S., during World War II. Following the war, Dr. Drew began developing a blood storage program at the American Red Cross, but resigned soon after officials decided to segregate blood of African-Americans.

Jocelyn Elders, MD: Dr. Elders was the first black female physician appointed as U.S. Surgeon General in 1993.

Myra Adele Logan, MD: Dr. Logan was the first woman to perform open-heart surgery, in 1943. It was reportedly the ninth time the procedure had been performed world-wide. She also conducted research studying antibiotics and breast cancer. She helped to develop more accurate tests to detect density differences in breast tissue.

Vivien Theodore Thomas, MD: Dr. Thomas dropped out of college during the Great Depression, after losing most of his savings. In 1944, he helped devise the "blue baby surgery" (tetralogy of Fallot) with surgeon Dr. Alfred Blalock and pediatric cardiologist Dr. Helen Taussig at the Johns Hopkins Hospital. He was the subject of the 2004 HBO film "Something the Lord Made".

Louis T. Wright, MD: Dr. Wright led a team that studied how the antibiotic chlortetracycline affects humans, in 1940. During his service in World War I, he developed a better vaccination technique to protect soldiers from smallpox.

The list could go on for many pages—this is just a snippet of the accomplishments that could be mentioned. Thanks to these outstanding individuals, the field of medicine and medical research has advanced to help all individuals.

Recent Publications

Neupane S, Hemindermeet S, Lammer J, Othman H, Yamasaki H, Rosman H, Bossone E, Mehta R, Eggebrecht H. Meta-analysis of transcatheter valve-in-valve implantation versus redo aortic valve surgery for bioprosthetic aortic valve dysfunction. *American Journal of Cardiology* 2018;121(12):1593-1600.

Billa RD, Szpunar S, Zeinali L, Anne P. Yield of echocardiogram and predictors of positive yield in pediatric patients: a study in an urban, community-based outpatient pediatric cardiology clinic. *Global Pediatric Health* 2018;5:1-6.

Saravolatz DL, Cleveland KO, Rikabi K, Hassoun A, Reilly J, Johnson LB, Spak C, Valenti S, Szpunar S. A retrospective case series of Telavancin for the treatment of *Staphylococcus aureus* bacteremia. A real-world experience. *Infectious Diseases in Clinical Practice* 2018;26(5):264-9.

Please inform the Research Department of any publications, including abstracts. We will enter them into our database. Send information to Susan Szpunar or Alice Mar.

Institutional Review Board

Common Rule Update

The New Common Rule went into effect on January 21, 2019. As a result, there are new applications and policies that can be found in IRBNet.

IRBNet

All submissions and correspondence are done online at IRBNet. To access the system, go to IRBNET.org and get registered.

IRB Mission Statement

The mission of the Ascension St. John Hospital IRB is to promote the development of scientific research, to ensure a safe and ethical research environment, and to protect the rights and welfare of the human subjects involved in research activities conducted under its authority.

IRBNet tips

- When you first register in IRBNet, make sure to choose Ascension St. John Hospital as your board.
- Write down the email address that you registered with, especially if it is not your Ascension email. All electronic correspondence from IRBNet will go to the email you signed up with. So, if you are not seeing emails about signatures, etc, it may be going to another email account.
- If you forget your username or password, IRBNet will email it to the email you registered with.

Upcoming CME Seminars

March 6, 2019

Stroke Symposium

April 18, 2019

Trending Topics in Pediatrics

June 5, 2019

Internal Medicine Symposium

Physicians wishing to complete their mandatory requirements for CME go to WWW.MI.CME.EDU to access the courses.

For information about the CME program at Ascension St. John Hospital, click here:

<http://www.stjohnprovidence.org/sjhmccme>

Upcoming SEMCME Events

Transition to Practice Workshop - From Residency Training to the Real World

February 20, 2019 at St. Mary Mercy, Livonia

This afternoon course is for residents who are nearing the end of their medical training, and would like to better understand the process of finding and securing their first post training position. The course is free for residents from SEMCME hospitals, refreshments provided.

Contact Carly Ackerman at cackerman@med.wayne.edu or 313 577-1297. Registration deadline is Feb. 13.

30th Annual Chief and Senior Resident Workshop

April 26, 2019 at the Somerset Inn, Troy

Incoming chief and senior residents from all specialties (throughout Southeast, Central and West Michigan) are welcome to participate in this popular workshop. Nationally renowned speaker, Dr. Hershey Bell, will lead the workshop, offering valuable leadership, management, and communication skills for the workplace.

The workshop is free to all chief and senior residents from SEMCME hospitals. Visit www.semcme.org to access the brochure and on-line registration.

2019 SEMCME Research Forum & Lecture

May 22, 2019 at Lovett Hall, Dearborn

The SEMCME Research Forum was established in 1978 to recognize the research efforts of the resident-in-training in the SEMCME member hospitals. The presentations at the forum represent the best resident research selected from clinic day competition at each member hospital. This year's keynote speaker will be Allen Silbergleit, MD, PhD. Visit www.semcme.org for more information.

2019 Michigan Quality Improvement, Patient Safety & Wellness Summit

May 29, 2019: at the Somerset Inn, Troy

This forum showcases Quality Improvement/Patient Safety poster presentations by residents and fellows from across the state of Michigan. Oral presentations for the top submitted abstracts will be held, as well as a lecture by a keynote speaker. Details at michiganqisummit.org

Research and Stats Cryptoquiz—Unlock the Code

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
																		Z							

Himzzxig (hint: another name for the normal distribution)

zbigfikf grkuid fnaxibn

nymxaidngqn zbmfe

lnbnkrzqnfizbxq

vkvrkxbxrgid litikfz

qrlrkb (hint: type of prospective study)

knhknzzxrg

jndurgb knvrkb

qrgwrmgfnk (hint: a topic on page 1 of this newsletter)

qkrzzrank fnzxhg

New to cryptograms? You need to figure out the coded letters. There is a hint above, the letter Z in the encrypted words is an S.

The first two people to email Dr. Szpunar their correct result will get a prize!



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