



# ACC.19™

68<sup>th</sup> Annual Scientific Session & Expo

## How to Do Meaningful Research

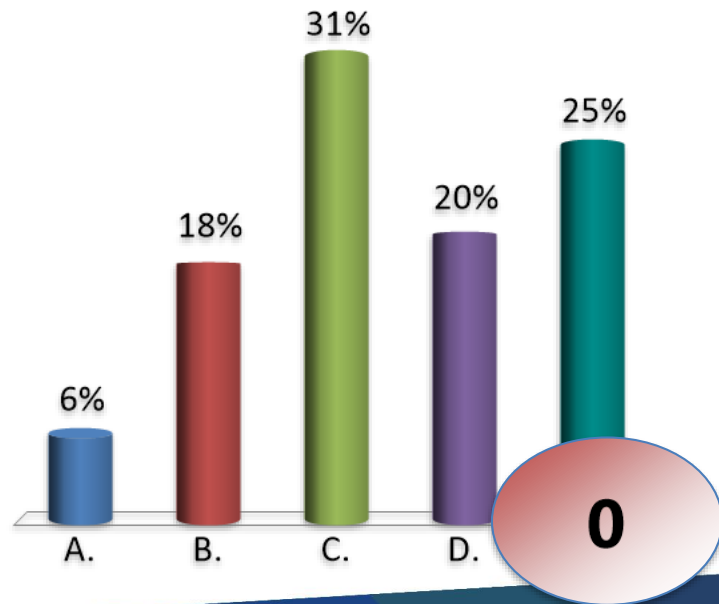
Martin Goldman, MD, FACC  
Neeraj Jain, MD, FACC  
Friederike Keating, MD, FACC  
David P. Lee, MD, FACC

**NEW  
ORLEANS**  
MARCH 16 - 18  
2019

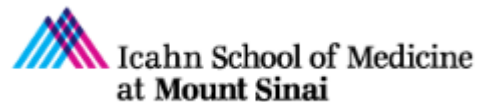
# Question 1

Over 36 months of training, how much protected time is routinely available to fellows for research?

- A. None, only case by case basis
- B. 1-2 months
- C. 3-4 months
- D. 5-7 months
- E. > 7 months



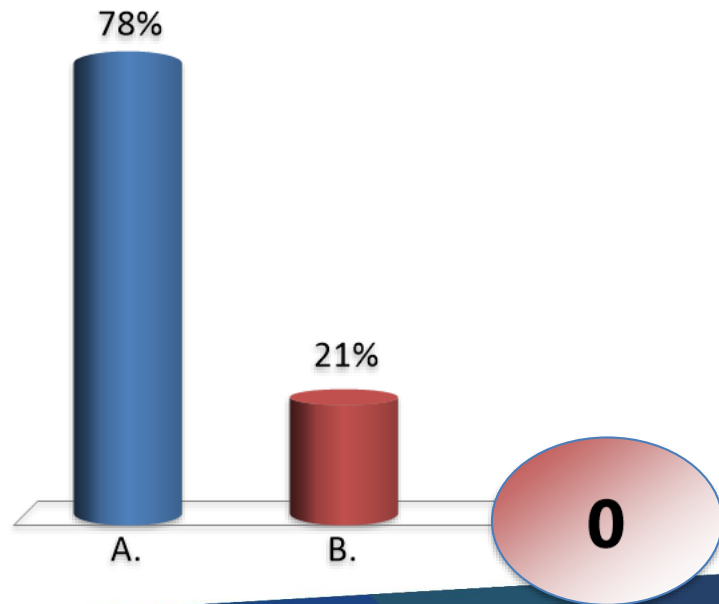
- **Martin Goldman, MD, FACC**
  - The Mount Sinai Hospital – Icahn School of Medicine
  - Professor of Medicine
  - Director, Academic Track Cardiology Fellowship Program
- **Neeraj Jain, MD, FACC**
  - LSU Health--New Orleans
  - Associate Professor of Medicine
  - Director, Cardiovascular Disease Fellowship Training Program
  - Director, Cardiovascular Imaging
- **Friederike Keating, MD, FACC**
  - Larner College of Medicine, University of Vermont
  - Professor of Medicine
  - Director, Nuclear Cardiology and Stress Laboratory
  - Program Director, Cardiovascular Fellowship
- **David P. Lee, MD, FACC**
  - Stanford University School of Medicine
  - Associate Professor of Medicine (Cardiovascular)
  - Director, Cardiac Catheterization and Intervention Laboratories
  - Director, Interventional Cardiology Fellowship Program



## Question 2

In your institution, do fellows have ready access to a statistician?

- A. Yes
- B. No
- C. Not sure



# What is MEANINGFUL research?



**Sabeeda Kadavath** @sabeedak1 · 23h

Replying to @FKeatingMD @ACCinTouch and 10 others

It would be an experience meaningful for the fellow and for the site. The trainee should have effective mentorship and support including regulatory support. There should be research output including presentations at meetings, peer-reviewed publications, and awards of grant funding.



**Reza Karimianpour, D.O.** @officialdrk12 · 16h

Replying to @FKeatingMD @EPeeps\_Bot and 12 others

A meaningful fellow research project is one where the fellow participates or performs every step from IRB to Publication, including determining study objectives, variables, methodology, data collection, analysis, result interpretation, manuscript authorship, editing/publishing.

**Individualized –**  
“fellow-centered care”

**The whole experience –**  
from IRB to publication

**Output –**  
presentation, publication

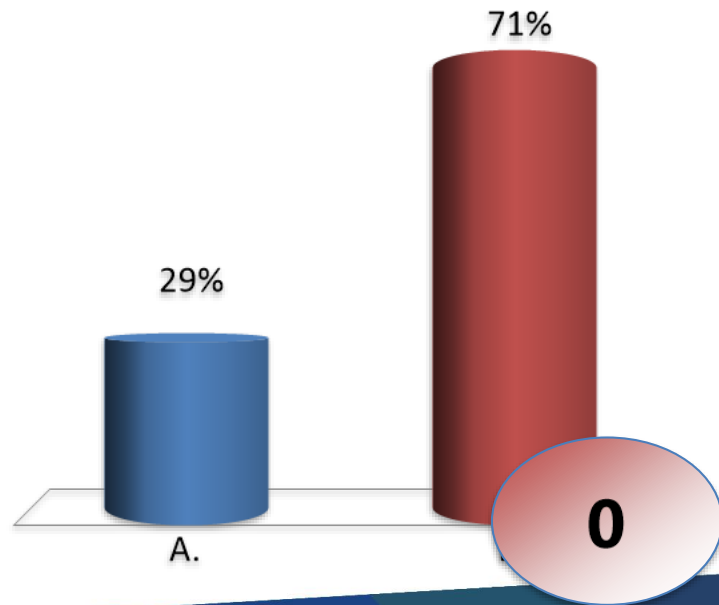


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## Question 3

In your institution, is there reliable intramural funding for fellow research?

- A. Yes
- B. No



# ACGME July 2019 Common Program Requirements

## Section II.

- “programs may place different emphasis on research, leadership, public health, etc.
- It is expected that the program aims will reflect the nuanced program-specific goals for it and its graduates;
- for example, it is expected that a program aiming to prepare physician-scientists will have a different curriculum from one focusing on community health.”

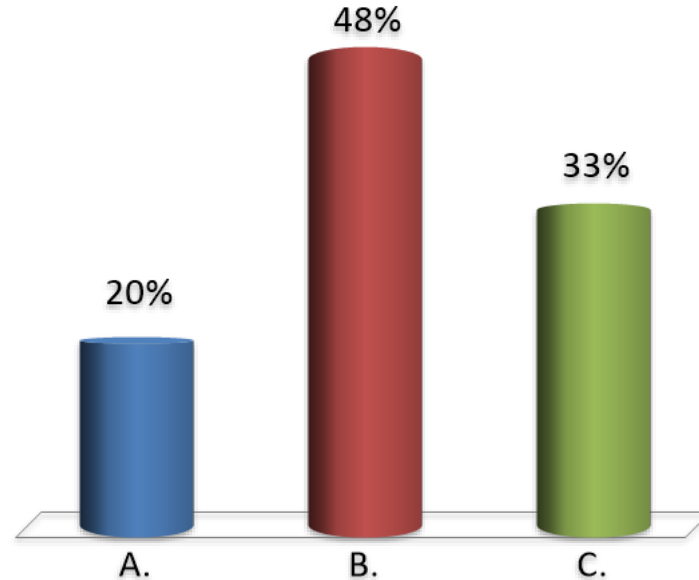
## Section IV.

- “some programs may concentrate their scholarly activity on quality improvement, population health, and/or teaching, while other programs might choose to utilize more classic forms of biomedical research as the focus for scholarship”
- Background and Intent: Expose trainees to “how research is designed, conducted, evaluated, explained to patients and applied to patient care.”



# In your program what is the overlap in QI or patient safety projects with expected fellow research?

- A. None
- B. Little
- C. A lot



# Our Experience with Fellows and Research

“Like other reputable institutions, we are constantly working to advance care.” Dr. Larry Hollier—LSU Health, Chancellor

- Fellowship Applicants:
  - Told of research requirement and multi-campus wide resources.
- Year 1 Fellows:
  - Asked to come up with something easy (eg, case report) as well a longer term research interest project which can be completed within 3 yrs.
    - Prepare abstract by Labor Day for regional presentation.
  - CITI training/Basic statistical concepts via Office of Research Services.
  - Research and QI conference presentations.

Year 2 Fellows: Coalesce into 3 groups

- “I’m going into Private Practice... don’t foresee doing research.”
- “I’m applying for EP/IC/ etc...Can I join onto a project in progress that would bolster my application?”
- “I’ve got it from here, I’m going into academics. Can I get more research time?”



## Research During Fellowship

### Walking the Tight Rope

Smita I. Negi, MD, Edward Koifman, MD

<https://doi.org/10.1016/j.jacc.2014.12.023>

- Build in protected time.
  - Ideally 1-2 months uninterrupted.
- Provide a motivating mentor.
  - "nothing drains away energy and enthusiasm like criticism and pessimism"
- Understand statistics.
  - ACC's "How to Become a Clinical Investigator" conference.
- Participate in hospital quality improvement programs.

## Keys to Success for Fellows:

- Collaborate locally and beyond.
- Read all you can about the topic.
- Stay focused (work/life balance).
- Work on a topic that interests you.
- Start local.
  - Not all research endeavors will be accepted regionally or nationally.
- Finish the project!



# DISCUSSION



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