



Weekly news for faculty, staff and students from the **Indiana University School of Medicine**

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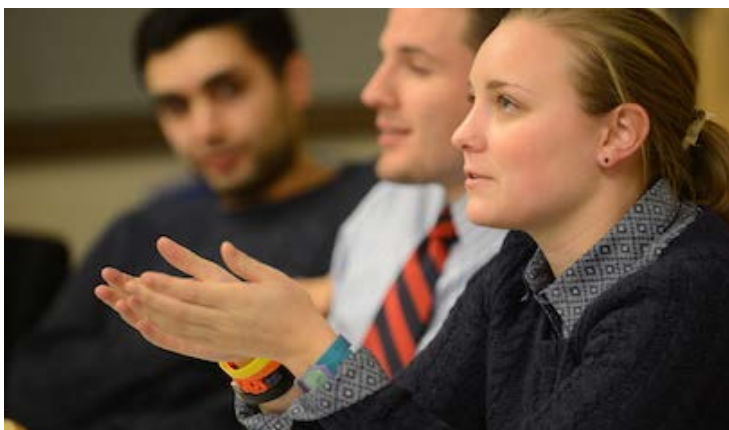
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Pulmonary Research Conference; Micheala Aldred, Ph.D, Cleveland Clinic

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[View more events »](#)

## Top News

### IUSM leads national ranking of med schools with the most African-Americans

U.S. News & World Report has published a list of the 10 medical schools with the highest number of African-American students. The IU School of Medicine tops the list with 119 African-American students. For most of the schools on the magazine's list, enrollment of African-American students is more than eight percent. To view the list, visit [usnews.com](http://usnews.com).

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### Connections Days aim to re-engage, re-energize third-year medical students

Burnout and depression are serious problems for medical students. These become especially prominent in

the third year when students are stressed by heavy workloads along with pressures created by trying to determine their future course. The wide dispersal of students in the third year and the nature of the clerkships can make self-care more difficult. Supporting student wellness was an important prompt for establishing Connections Days.

“Most third-year students have little clinical experience, so despite our years in the classroom, we often feel unprepared. You rarely see your friends from first and second year and often you forget that other people are experiencing all of the same emotions,” said Megan Fields, MS4, who, along with Ruvi Chauhan, MS4, are two of nine MS4 co-planners for the Connections Days. “These sessions are important to remind students they are not alone and to allow our medical school to come together in this unique, student-led program.”

Connections Days, which started in July, are designed and run by third-year students. The days are a combination of large-group meetings and small-group discussions. Based on feedback from students as part of IUSM’s re-accreditation effort, the schedule for clerkships was changed so that now there is at least one day between the end of one clerkship and the start of another; Connections Days are scheduled on the dates that fall between clerkships.

“Clerkships require attendance and active student involvement; taking time off for personal or routine health issues is often frowned upon,” explained Kenneth H. Lazarus, M.D., senior academic content specialist for IU School of Medicine. “This has created an atmosphere that discourages student self-care. Connections Days [which start at 9 am and end before noon] give students some free time to get health or dental care, interact with friends, and do activities they enjoy that allow them to regain the resilience necessary to continue in the fast-paced and high-pressure world of a medical student. Activities are designed by students for students, giving them added opportunities to reconnect with peers.”

Fields says she thinks the designed-by-students-for-students philosophy will allow her and fellow students to reflect on their experiences and receive support from each other.

“Faculty aren’t present on these days [fourth-year students serve as facilitators], and we hope students feel comfortable to express what is on their mind while protecting their confidentiality,” she explained. “And we hope students will utilize the afternoon free time to take care of themselves. In college I was an avid cyclist, so I plan to use the time to enjoy a long bike ride or just run errands -- my fridge gets pretty empty during rotations!”

Fields calls protected time off a “treasure and privilege that will support student morale. Giving students time to improve personal and mental health will hopefully allow them to continue to improve and develop their patient care,” she said.

For more information about Connections Days, visit [indiana.edu](http://indiana.edu).

#### Connections Days MS4 Planning Committee

- Megan Fields
- Ruvi Chauhan
- Taylor Curry
- Ashley Stobaugh
- Stacy Blank
- Lindsay Guzek

- Cullen Taylor
- Erica Zanath
- Eric Caskey

*This is the first in a series of “You asked. We responded.” articles highlighting examples of ways IUSM is responding to student feedback and input.*

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## Faculty and Staff News

### Check your email for Mock Site Visit 2 invitations

Invitations for Mock Site Visit 2, Sept. 11-14, have been sent via email. Because this mock visit will focus on key areas for re-accreditation, the list of participants is targeted and smaller than previously anticipated. Faculty and staff who received an email invitation from Dean Hess and Dr. Nalin earlier this week are asked to complete their registration. Those who did not receive an email invitation may cancel any previous holds on their calendars for these dates.

The mock visit agenda is available on the [Road to Accreditation](#) website.

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### Marino named Breast Cancer Research Foundation investigator

Nataschia Marino, Ph.D., assistant research professor of medicine, has been named the Breast Cancer Research Foundation investigator for Breast Cancer Research at the IU School of Medicine.

Dr. Marino is [an investigator with the Susan G. Komen Tissue Bank](#) at the IU Simon Cancer Center. Her research focuses on the normal breast and how it relates to the development of breast cancer.

The [Breast Cancer Research Foundation](#) is a nonprofit organization committed to achieving prevention and a cure for breast cancer. It provides critical funding for cancer research worldwide to fuel advances in tumor biology, genetics, prevention, treatment, metastasis, and survivorship.

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### Healthy IU’s “Sleep Walk” set for Sept. 27

Mark your calendar on Tuesday, Sept. 27, for the IUPUI campus “Sleep Walk.” The walk, scheduled for noon to 12:30 at the IUPUI Ball Garden, is to raise awareness of the importance of sleep and its impact on health. Healthy IU will also launch a four-week “Sleep Great IU” employee challenge and educational campaign.

According to the Fairbanks School of Public Health Employee Workplace Wellness Survey, 43 percent of IU

employees do not regularly receive enough restful sleep to function well in their jobs and personal lives. In addition, stress levels are significantly higher at IU (university wide) than the state as a whole.

For more information or to register, visit [healthy.iu.edu](http://healthy.iu.edu).

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## Student News

### Welcome to med school: check out White Coat Ceremony photos

One of the largest classes in the history of the IU School of Medicine participated in a time-honored ceremony last Friday when the future doctors donned the traditional white medical coats and repeated in unison the Physician's Oath in front of family and friends.

Jay L. Hess, M.D., Ph.D., dean of the IU School of Medicine, vice president for university clinical affairs and Walter J. Daly Professor, welcomed incoming students and their families and delivered the keynote address at the ceremony, which was held at the Hilbert Circle Theatre in downtown Indianapolis.

To see photos of the event, you can view the [Flickr photo gallery](#). To learn more about the incoming class, you can read the release on the [IUSM Newsroom](#).

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### Family and Friends Orientation well received with 200-plus attendees

More than 220 family members and friends of the incoming class of IU School of Medicine medical students attended a Family and Friends Orientation on Friday, Aug. 5, in Emerson Hall on the IUPUI campus. This event is designed to provide insight into the first year of their student's life at medical school. Orientation activities included small-group campus tours and presentations from Medical Student Education, Diversity Affairs, Wellness Services, and Financial Aid. Gary Dunnington, M.D., chairman, Department of Surgery, delivered a keynote address on wellness in the medical profession. Several current students -- along with their family members -- participated in a panel discussion to share advice and experiences from their first year of medical school.

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### Summer SRPinAM students selected for oral presentations

Some 80 medical students conducting summer research through the [Student Research Program in Academic Medicine \(SRPinAM\)](#) and affiliate programs presented their work at a poster session on July 28. Posters were reviewed by a faculty panel, and the following students were chosen to participate in the SRPinAM Oral Presentations on Sept. 1:

- Abdulrahman Sami Aasar

-

- Kelly Joann Barton
- Christian Matthew Briggs
- Julian Emerson Dilley
- Gabrielle-Eugenie Duprat
- Stephen Olubunmi Fakoyejo
- Jacob Carlos Earl Grant
- Katherine Elizabeth Krause
- Adam Tyler Leibold
- Carly Marshall
- Keerthana Mohankumar
- Kristopher David Rogers
- Adam Alexander Roth
- Daniel Edwin Schloss
- Elizabeth Ann Schueth
- Ethan Michael Steele
- Benjamin Douglas Stivers
- Joseph Charles Thomas
- Emily Marie Wichern
- Matthew G. Yung

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## Research News

### Study finds genes, genetic codes that regulate genes tied to alcoholism

Using rats carefully bred to either drink large amounts of alcohol or to spurn it, researchers at Indiana and Purdue universities have identified hundreds of genes that appear to play a role in increasing the desire to drink alcohol.

The study, [published in PLOS Genetics](#), not only reinforces the view that the genetics of alcoholism are

important, are complex, and involve many genes, but also that the sections of the genetic code that regulate the actions of genes are at least as important as the genes themselves.

By using high-alcohol-drinking rat lines -- which also mimic all criteria of human alcoholism -- and low-alcohol-drinking rat lines, both of which were bred at the IU School of Medicine, the researchers avoided issues that have made genomic analyses of alcoholism in humans difficult, such as inaccurate family histories of drinking, drinking variability, and non-genetic economic, social and cultural factors. Although not identical to humans, the genetics of rats and mice often provide powerful clues to genetic activities in humans.

Conducting complete genome analyses of the two lines of rats, the researchers identified key regions of genetic code known as signatures of selection in 930 genes associated with alcohol preference. The majority of the areas were within single gene regions, often within sections of the genetic code that promote or otherwise regulate the activities of the genes.

William M. Muir, Ph.D., professor of genetics, Purdue Department of Animal Sciences, and Feng C. Zhou, Ph.D., professor of anatomy and cell biology, IUSM, were co-senior authors of the paper. Both are investigators with the [Indiana Alcohol Research Center](#) at the IU School of Medicine. Dr. Zhou is a member of the Stark Neurosciences Research Institute at IU.

For more, visit the [IUSM Newroom](#).

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## Confronted with sepsis, key immune mechanism breaks down

When the body encounters an infection, a molecular signaling system ramps up the body's infection-fighting system to produce more white blood cells to attack invading bacteria. Now researchers have discovered that when facing a massive bacterial infection resulting in sepsis, the same signaling system malfunctions, damaging the body's ability to fight the invaders.

In addition to suppressing the mature blood cells battling the infection, malfunctioning of this signaling system results in permanent damage to the body's blood producing cells -- called hematopoietic stem cells -- that are located in the bone marrow. The research, by IU School of Medicine scientists, was published recently in the [journal Stem Cell Reports](#).

Sepsis is a life-threatening response by the body's inflammatory system that can result from severe bacterial infections. It is a growing problem: The number of hospitalizations for sepsis more than doubled from 2000 to 2008, reaching more than 1.1 million, according to the Centers for Disease Control and Prevention. Patients with severe sepsis or septic shock have a mortality (death) rate of about 40-60%, with the elderly having the highest death rates. Newborns and pediatric patients with sepsis have about a 9-36% mortality rate.

"Our goal is to find out what causes this bone marrow failure during serious infections, and find ways to prevent it," said Nadia Carlesso, M.D., Ph.D., professor of pediatrics and of medical and molecular genetics at the IU School of Medicine.

For more details on the research, visit the [IUSM Newsroom](#).

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## Opportunities

### Attend AMPATH “Tusker Tales” celebration on Aug. 25

The [IU Center for Global Health](#) is hosting the inaugural AMPATH “Tusker Tales” from 6 to 9 pm, Thursday, Aug. 25, at Canal 337 at Buggs Temple, 337 W. 11<sup>th</sup> St., in Indianapolis. Presented by Eli Lilly and Company Foundation, the event is an opportunity to network with global health advocates, as well as hear seven short stories celebrating [IU’s AMPATH program in Kenya](#). The event is free and open to the public, but an [RSVP](#) is required.

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### Sept. 1 is deadline for IUSM internal grant applications

The application deadline for the IUSM Biomedical Research Grant and the Research Enhancement Grant is 5 pm, Thursday, Sept. 1.

If an investigator would like an administrative review of the application components to ensure compliance with the posted submission guidelines, he or she must submit the proposal to [iusmoper@iu.edu](mailto:iusmoper@iu.edu) five business days before the deadline. If an application is not received five business days prior to the deadline, it’s assumed the principal investigator has waived administrative review rights; consequently, the proposal should be uploaded directly to the CTSI website and may be subject to administrative withdrawal if not compliant with guidelines.

For application forms and further information visit:

<https://www.sharepoint.iu.edu/sites/adminservices/Research/SitePages/Home.aspx> (Users will need to log in)

Note a recent change to the internal grant review process: The NIH released new review guidelines for Rigor and Reproducibility, and the Biomedical Research Committee will adopt these changes in its review process as the internal grant programs are founded on NIH R01 guidelines. Visit [grants.nih.gov/reproducibility](http://grants.nih.gov/reproducibility) and view  [this PDF](#) for more information.

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### Indiana Alzheimer Disease Center 25th Anniversary Symposia are Sept. 22-23

To celebrate its 25<sup>th</sup> anniversary, the [Indiana Alzheimer Disease Center](#) is hosting a two-day scientific and caregiver symposia on Sept. 22 and 23 in Goodman Hall Auditorium in the IU Health Neuroscience Center, 355 W. 16<sup>th</sup> St., in Indianapolis. Day one is for scientists and clinicians to learn about the latest research in Alzheimer’s disease and other dementing disorders. Day two is the annual Family Martin AD Caregiver Symposium and provides an opportunity to learn the latest in treatment and care options for people living with these diseases and their caregivers.

 [This brochure](#) includes more information. The symposia are free of charge, but [registration](#) is required.

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## Plan to attend Sept. 23 IUSM Research Rally

The IU School of Medicine Research Rally will be held in conjunction with the [Indiana Clinical and Translational Sciences Institute](#) (Indiana CTSI) annual meeting from 9 am to 3 pm, Friday, Sept. 23, in Hine Hall Auditorium at IUPUI.


The Research Rally, a showcase of core services available on campus to assist investigators, boasts a field of 17 support cores prepared to speed the course of research projects. Attendees who have their rally logbooks stamped from at least 12 of the 17 checkpoints will be eligible for a chance to win an Amazon Echo.

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## National Cancer Institute SBIR program and resources briefing is Sept. 1

On Sept. 1, Deepa Narayanan, MS, CCDM, Program Director from The National Cancer Institute [Small Business Innovation Research Development Center](#) will present an overview of the funding opportunities and other resources for startups in cancer technology at the [Indiana Center for Biomedical Innovation](#), Noyes Pavilion, Suite E504.

Hosted by the [Indiana Health and Industry Forum](#) and the ICBI, Deepa's talk will provide an overview of the SBIR & STTR programs and provide information about 15 new targeted funding opportunities in cancer detection, diagnosis and treatment in high priority areas of research for the NCI. The seminar will cover new initiatives of the NCI's SBIR development center, practical strategies for developing successful proposals, and other NCI/NIH resources offered to accelerate drug development and commercialization

Following the presentation, selected companies will have the opportunity to meet one-on-one with NCI. To be considered for a one-on-one meeting, please contact IHIF at [info@ihif.org](mailto:info@ihif.org) by **Monday, August 29**, with your name, company name, and a short executive summary of your company, as well as the technology project you would like to discuss with the NCI. Please RSVP to Kristin Jones at [info@ihif.org](mailto:info@ihif.org). For more information about this event, you can  [download the flyer](#).

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## Partner News

### IU Health named among nation's Best Hospitals for complex and common care

U.S. News & World Report released its annual Best Hospitals' rankings, as well as its new Best Hospitals for Common Care ratings, for 2016-17. Indiana University Health appears on the prestigious list of the nation's top hospitals for the 19<sup>th</sup> year in a row and is named among the nation's top performers.

Once again, IU Health is distinguished as the No. 1 hospital in Indiana and Indianapolis. For 2016-17, IU Health ranked in eight clinical specialty areas for adults -- more than any other Hoosier hospital -- but missed the Honor Roll list, which features the top 1 percent of hospitals. IU Health ranked in the following

specialties:

- Cardiology & Heart Surgery
- Gastroenterology
- Geriatrics
- Nephrology
- Neurology & Neurosurgery
- Orthopedics
- Pulmonology
- Urology

U.S. News also unveiled its second edition of its Best Hospitals for Common Care. This year, it evaluated hospitals in seven common surgical procedures -- heart bypass, aortic valve surgery, abdominal aortic aneurysm repair, hip replacement, knee replacement, lung cancer surgery and colon cancer surgery -- and two common chronic conditions -- congestive heart failure and chronic obstructive pulmonary disease, or COPD. The IU Health academic health center was rated high performing in all nine procedures and conditions included in the U.S. News & World Report Best Hospitals for Common Care ratings.

The full list of U.S. News Best Hospitals rankings and common care ratings is available at [health.usnews.com/best-hospitals](http://health.usnews.com/best-hospitals).

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## Kudos

### Schreiner selected as torch bearer for State Bicentennial Torch Relay

**Richard L. Schreiner, M.D.**, Edwin L. Gresham Professor Emeritus of Pediatrics, IU School of Medicine Department of Pediatrics, and Chairman of the Riley Hospital Historic Preservation Committee, has been selected as a torch bearer for the Indiana Bicentennial Torch Relay. Dr. Schreiner was nominated by Dr. D. Wade Clapp, chairman, Department of Pediatrics. Dr. Schreiner, who will carry the torch on Oct. 15 in Marion County where he resides with his family, was one of only 34 Marion County residents who received invitations to be torch bearers.

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### IU Geriatrics' ACE team and GRACE program recognized

The Indiana University Geriatrics Program's **Acute Care for Elders** (ACE) consultation team and **Geriatric Resources for Assessment and Care of Elders** (GRACE) program have been cited as examples of veteran-

centered models of care that can be effective in the care of this challenging population. The citations were included in a report submitted by the Veterans Health Administration's Inpatient Care for Veterans with Complex Cognitive, Mental Health, and Medical Needs Task Force.

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