OPEN HOUSE 2015

The Fellowship and Residency Research Program at the Faculty of Medicine (FM) and the American University of Beirut Medical Center (AUBMC) held its second clinical research open house on June 5, 2015, in the Hisham Jaroudi Auditorium, Rafic Hariri School of Nursing. This year’s Open House showcased 46 graduating residents who presented their research work.

In her opening speech, Dr. Samia Khoury, Associate Dean for Clinical and Translational Research, Director of Abu Haidar Neuroscience Institute and Director of Nehme and Therese Tohme Multiple Sclerosis Center at AUBMC welcomed all the attendees from all departments to the 2nd Clinical Research Open House.

Dr. Hani Tamim, Associate professor, Director of the Biostatistics Unit at the CRI and Director of the Fellowship and Residency Research Program (FRRP) introduced the Clinical Research Institute (CRI) which plays a major role in supporting clinical research at AUBMC.

In his turn, Dr. Ali Taher, professor of medicine, associate chair of research, and Director of the Fellowship and Residency Research Program (FRRP) delivered a presentation on the program which has developed to a required component at the Faculty of Medicine at AUBMC. First implemented at the Department of Internal Medicine (IM) in 2011/2012, the program requires all residents to participate in a research project throughout their residency period. (Continued on page 2)
FELLOWSHIP AND RESIDENCY RESEARCH PROGRAM (FRRP) AWARDS

The 2nd group of graduating residents who participated in the Fellowship and Residency Research Program (FRRP), received awards and prizes in a ceremony which celebrated their participation as follows:

**Poster awards:**

Dr. Ebla Abdalrahman - Advisor: Dr. Ghassan Dbaibo - Pediatrics Department

Dr. Sami Bdeir - Advisor: Dr. Elie Akl - Internal Medicine Department

Dr. Rony Al Nawwar - Advisor: Dr. Marie Aouad-Maroun - Anesthesiology Department
FELLOWSHIP AND RESIDENCY RESEARCH PROGRAM (FRRP) AWARDS

Oral Presentation Awards

First prize: **Dr. Aline El Haddad** - Advisor: **Dr. Kassem Barada** - Internal Medicine Department

Second prize: **Dr. Alexandra Ghadieh** - Advisor: **Dr. Ghassan N. Hamadeh** - Family Medicine Department

Third prize: **Dr. Alaa Bou Ghannam** - Advisor: **Dr. Shady Awwad** - Ophthalmology Department
Below is a list of the most updated Fellowship and Residency Program (FRR) publications:

- Nabulsi M, Yazbeck N, Charafeddine F. Lactose-free milk for infants with acute gastroenteritis in a developing country: study protocol for a randomized controlled trial. Trials 2015, 16:46
  Dr. Fatme Charafeddine is a PGY V fellow in Pediatric Cardiology and participated in the 2015 Open House.

  Dr. Cleo Masaad of the Department of Pathology and Lab Medicine will participate in the 2016 Open House.

  Dr. Mario Saab of the Department of Pathology and Lab Medicine will participate in the 2016 Open House.

  Dr. Jessica Aoun completed the Pathology and Lab Medicine residency program requirements in 2015.

  Dr. Abou Rahal completed the Dermatology residency program requirements in 2015 and is currently pursuing her fellowship training in France.

  Dr. Sleiman completed the Dermatology residency program requirements in 2015 and is currently in private practice in Beirut.

  Dr. Tharwat El Zahran is a PGY4 resident in the Department of Emergency Medicine. She will graduate in June 2016.

  Dr. Elsy Jabbour is a PGY4 resident in the Department of Emergency Medicine. She will graduate in June 2016.

  Dr. Iman Abou Dalle is a fellow in Hematology Oncology; she graduated from the Department of Internal Medicine in June 2014.

  Dr. Feras Ibrahim is now a fellow in Gastroenterology; he completed his residency program requirements from the Department of Internal Medicine in June 2015.

  Dr. Raznim Warakian completed the Internal Medicine residency program requirements in 2014.

  Dr. Alexandra Ghadieh completed the Family Medicine residency program requirements in 2015, and she is currently practicing Family Medicine outside AUBMC.

  Dr. Sandra Geagea is a PGY4 chief resident in the Department of OB/GYN and will graduate in June 2016.
RESIDENTS’ NEWS

Below is a list of 3 selected activities carried out by residents regarding their Fellowship and Residency Program (FRR) projects:

1. Dr. George Assaf (2015 graduate), from the Department of Family Medicine, presented his FRRP project during the 9th Annual Research Day 2015 held on the 11th of April 2015 at the American University of Beirut (AUB). The Annual Research Day is organized by the Standing Committee on Research Exchange (SCORE) of the Lebanese Medical Students’ International Committee (LeMSIC) in collaboration with Alpha Omega Alpha (AOA) and the Lebanese Association for the Advancement of Science (LAAS). Dr. Assaf won the Research Day 2015 Alpha Omega Alpha Award for the Best Oral Presentation based on his FRRP project entitled, “Prevalence of Mild Cognitive Impairment and Associated Risk Factors in Ambulatory Senior Patients”. The Principal Investigators for this project were Dr. Georges Assaf and Dr. Diana Rahme from the Department of Family Medicine.

2. Two FRRP projects supervised by Dr. Pascal Karam from the Department of Pediatrics and Adolescent Medicine have been accepted for an oral presentation at the 12th Middle East Metabolic Group regional meeting held in Muscat, Oman between October 29 and Nov 1, 2015. The first project, entitled Diagnosis and Outcome of Maple Syrup Urine Disease: a Retrospective Study of 35 Lebanese Patients, was prepared by Dr. George Al-Haddad during his residency training under the mentorship of Dr. Pascal Karam. The second project, entitled Outcome of Non-Ketotic Hyperglycinemia in Correlation with Therapeutic Modalities, was prepared by Dr. Parisa Pakdel during her residency training as well. Both studies are currently being prepared for publication.

3. Another FRRP project prepared by the Department of Pediatrics and Adolescent Medicine was accepted for an oral presentation in the 36th Union of Middle-Eastern and Mediterranean Pediatric Societies (UMEMPS) conference that was held in Greece, Athens from October 1st to October 3rd, 2015. This project, entitled “Computed Tomography before Lumbar Puncture in Suspected Meningitis”, was prepared by Dr. Lucie Tawk during her residency training under the mentorship of Dr. Rima Hanna Wakim. The final manuscript for the study is currently being drafted for publication.

WHY RESEARCH

• Residency research programs help conduct research that is directed towards defining mechanisms of human diseases.
• Residents will have a good perspective towards developing a career in biomedical research.
• Integration of research and medical training may help develop theoretical- and experimental- approaches to solve problems on hypothesis-driven research.
• Residents with ongoing medical research may translate basic, clinical and translational discoveries from the bench to bedside.
IN THE SPOTLIGHT

OSSAMA ABOU HASSAN
PGY3 RESIDENT
DEPARTMENT OF INTERNAL MEDICINE

Q: In what way, did the FRRP enhance your research abilities?
A: One of the most important things I have learned with the FRRP is to ask the right research question. This is not to mention the meticulous process that goes from making sure the question is ethical and that all procedures that follow fulfill the patients’ own good, including collecting and extracting the data that serves this ultimate aim.

Q: Do you consider research an integral part of a physician’s duties? Why?
A: Physicians are constantly bombarded with unanswered questions. Engaging in this reactive community should occur as part of our daily routine. Even research that shows negative results gives great insight for other questions to follow.

Q: What advice would you give to future residents regarding the FRRP?
A: Send your IRB proposal early, very early.

ZEINA AYOUB
CHIEF RESIDENT
DEPARTMENT OF RADIATION ONCOLOGY

Q: Do you believe that your involvement in medical research during your residency years serves as a determinant of your future involvement in clinical research?
A: Participating in a research project during residency has strengthened my medical knowledge and made me a better resident. I strongly believe that the skills I learnt during my FRRP project will be very helpful and will definitely be part of my future practice in an academic setting.

Q: Will you continue pursuing research after the graduation or was it just a phase leading to your graduation?
A: I consider research an integral part of my career and will definitely pursue research after I graduate.

Q: What were the biggest challenges you faced while working on your FRRP project?
A: My project was a retrospective study looking at patients treated since 2003. I had to obtain oral consent from patients, and it wasn’t always easy to reach them. I faced another challenge with the data collection since some of the charts were incomplete and lacked follow-up data, so I had to search different sources for the missing information.