



# RESEARCH UPDATE

A WEEKLY COMMUNICATION FROM THE OFFICE OF RESEARCH & SPONSORED PROGRAMS

VOLUME 1: NUMBER 16  
December 17, 2020

## GENERAL INFORMATION

- **Case Report Guidance**
    - Many of you have informed us of your intent to publish a case report. Please consult our [Case Report Publication Guidance](#) for additional information as you prepare your manuscripts for submission. While IRB approval is generally not required for Case Reports, the College expects that authors have secured permission for medical record access and follow all applicable regulations, policies and procedures. Please feel free to contact the [Office of Research](#) if you need additional guidance.
  - **Research Laboratory Access**
    - The Research Laboratories continue to operate at reduced capacity and will remain accessible throughout the break to authorized faculty. Please contact [Dr. Woods](#), [Ms. Kalli Martinez](#), or the [Research Office](#) in advance of any visits to the facilities.
  - **Suggestions for Student Research Day Keynote Speaker**
    - In preparation for our 4<sup>th</sup> Annual Medical Student Research Day (MSRD) that will occur on July 16<sup>th</sup>, 2021, the Office of Research is seeking input for the keynote speaker. MSRD is our annual event that celebrates student research accomplishments; therefore, we are seeking suggestions for a nationally or internationally respected researcher or physician scientist that can capture the purpose and theme of MSRD. Suggestions for keynote speakers should be sent to [Dr. Ontiveros](#) and will be brought to the Research Advisory Council for further discussion and final selection. We look forward to an exciting event in July!
  - **ClinicalTrials.gov Registration**
    - [ClinicalTrials.gov](#) is a resource provided by the U.S. National Library of Medicine. [42 CFR Part 11](#) calls for registration of applicable studies in ClinicalTrials.gov. Such studies are typically those that involve an intervention. Please contact the Office of Research or the IRB if you have questions regarding ClinicalTrials.gov. We will be posting additional information in an upcoming issue of Research Update
- Contact: [Research@bcommn.org](mailto:Research@bcommn.org) or [IRB@bcommn.org](mailto:IRB@bcommn.org)
- **Happy Holidays from the Research Office**
    - Research Update will take a hiatus and return on January 7, 2021.

*We wish all of you Happy Holidays! Stay safe and make time for what's important to you.*

*See you next year!*

*Joey, Mike, Steve, Martha & Kalli*

## MEDICAL STUDENT RESEARCH

- *Director's Corner*

### Mentorship Matters

A few years ago as I was having lunch outside with some students on the patio at Burrell, we discussed their research and plan. It was fall time, so the temperature was nearly perfect, especially considering it had just rained that early morning. You could smell and almost see and hear the divine scent of molecules after it rains in Las Cruces, wafting through the air that amazes and energizes your olfactory receptors.

These four student researchers had been discussing a research project they wanted to initiate, but only two of them had some research experience while the other two were brand new to the process. They were contemplating a population-based project, but only one of them had experience in this area of scholarly activity. They asked me the best means of getting started,

and consequently, my first inclination was to tell them to find a research mentor. They had not thought about finding a mentor since the one student with experience was willing to assist the others with the process. Immediately they asked me, “why?”. As I recovered from the molecules floating in the nice cool breeze colliding with my sensory receptors, I began to explain the benefits of finding a mentor.

It is well known that mentorship has its benefits, but before providing an explanation, let me offer a brief definition of a mentor; an experienced person who trains and counsels others, a wise and entrusted counselor. The mentor concept was first described in Homer’s *Odyssey*, where Odysseus entrusts his son into the hands of his friend, Mentor. Homer personified the word mentor in his epic poem and uses this character as a figure of mentorship that serves as his son’s wise and trusted counselor. Through a mutual relationship, Odysseus’ son is able to find his identity and way of life. For centuries, mentors have served as vital components similar to Mentor’s roles in the *Odyssey*; they guide, develop, advocate, protect, and provide for their trainees.

What are the benefits of a research mentor? Effective and responsible mentoring is critical to the success of trainees, especially during the beginning stages of their career, and has been linked to elevated productivity, self-efficacy, and overall career satisfaction.<sup>2,3</sup> Mentors provide their wisdom and experience that help trainees navigate their careers and professional development through an easier to navigate paved road as opposed to “finding their way” through the dense Amazon Basin. Mentors can recognize unseen qualities or identify areas that may need improvement that the trainee cannot pinpoint.

What qualities in a research mentor to look for when identifying one? Most students will look for a mentor that has a large publication record, a high ranking official within the college or university, or someone that they know personally, but not all potential mentors are shaped by the same frame and foundation. Studies have attempted to ascertain the best mentor types, but effective mentoring relationships are subjective. Despite this, studies have identified focus areas and characteristics in mentors that result in the best outcomes in a mentoring relationship. A good mentoring relationship proceeds responsibly and focuses on mutual trust and respect that allows for cordial disagreement between both parties. What are some of the most recognizable and outstanding characteristics of mentors that have a proclivity for creating the best outcomes? Cho et al. identified common factors of excellent mentors and categorized them into five themes: 1) admirable characteristics, 2) how mentors act as career guides, 3) strength of mentor’s time commitment, 4) support of personal/professional balance, and 5) leaving a legacy of mentoring.<sup>2</sup>

Within theme one (1), the investigators identified characteristics and qualities that included the following: compassionate, enthusiastic, generous, honest, insightful, selfless, and wise.<sup>2</sup> The study indicated that *selflessness* was a prevalent description of effective mentors.<sup>2</sup> Other characteristics they identified in successful mentors included: providing a vision and the ability to guide unobtrusively (theme 2), accessible (theme 3), understanding and recognizing ways to help trainees manage their personal and professional lives, and offered support during stressful times (theme 4), and creating future generations of mentors (theme 5).<sup>2</sup>

As I close, I would like to point out that the characteristics discussed above that make for an excellent mentor are the same tenets of exceptional and effective leadership;<sup>4</sup> therefore, you are in good hands when you find a good mentor, because mentoring contributes to the development of a leader’s identity and self-efficacy.<sup>1</sup>

During this lunch hour, we had an excellent discussion, but then it was time for me to get back to enjoying the heavenly perfected taste of gorditas smothered in green chile and cheese, and back to the godly odorant molecules of creosote after a nice cool rain in Las Cruces, NM.

#### References Cited:

- <sup>1</sup>Ayoobzadeh, M and Boies K. From Mentors to Leaders: Leader Development Outcomes for Mentors. *J. of Managerial Psychology*. 2020;35(6):497-511.
- <sup>2</sup>Cho CS, Ramanan RA, Feldman MD. Defining the ideal qualities of mentorship: a qualitative analysis of the characteristics of outstanding mentors. *Am J Med*. 2011;124(5):453–8.
- <sup>3</sup>Feldman MD, Arean PA, Marshall SJ, Lovett M, O’Sullivan P. Does Mentoring Matter: Results from a Survey of Faculty Mentees at a Large Health Sciences University. *Med Educ Online*. 2010;15.
- <sup>4</sup>Tjan AK, (2017). What the Best Mentors Do. *Harvard Business Review*. Available at <https://hbr.org/2017/02/what-the-best-mentors-do> [Accessed December 10, 2020].

Contact: [Steven J. Ontiveros, Ph.D.](#)  
Director of Medical Student Research

#### • *Responsible Conduct of Research Required Training*

- All students are required to complete a Responsible Conduct of Research (RCR) training course, entitled “**Student & Trainees RCR**,” which is offered through the Collaborative Institutional Training Initiative (CITI) Program (link: [www.citiprogram.org](http://www.citiprogram.org)). **Students must complete this training course no later than January 19<sup>th</sup>, at 8:00 AM.** Contact [Dr. Ontiveros](#) or the [Research Office](#) for more information.

- **New Student Research Webpage**
  - We are excited and pleased to announce the new [Medical Student Research webpage](#). This webpage contains relevant program information including the Distinction in Research, Summer Research Experience, and other available programs, and includes other basic resources to help students get started with research. Please visit for additional information.
- **Summer Research Experience**
  - The Office of Research and Sponsored Programs (ORSP) is pleased to announce the 2021 Medical Student Summer Research Experience and invite you to submit applications for the program. The summer experience will be offered during the summer of 2021 and consists of a 6-week research experience that will commence with Orientation Day on June 2nd and culminate on July 17th with Medical Student Research Day. Participants are expected to attend Orientation Day, devote full commitment to the mentored research, and present their work during Medical Student Research Day. A list of available projects and applications are available on the [Summer Research Experience webpage](#). Completed applications must be received by the **deadline date: February 2nd, 2021 at 11:59 PM.**
- **Louisa Burns Osteopathic Research Poster Presentations Call for Abstracts**
  - The Louisa Burns Osteopathic Research Committee (LBORC) is calling for submissions to the [2021 LBORC-NUFA Research Poster Presentation](#). The presentation will be held in March during the 2021 AAO Convocation. The deadline for submission is February 1, 2021.  
*Contact: [Adrienne Kania, DO, FAAO NMM/OMM](#)*
- **AOA Research Training Grants**
  - The [AOA Research Training Grants](#) for medical students program will begin receiving applications this month. The application cycle will open on December 15, 2020 and close on February 15, 2021. These training grants provide up to \$5,000 in funding for medical students and aim to promote the osteopathic approach to care through AOA-funded research. All individuals planning to submit a grant must contact the Office of Research & Sponsored Programs and submit a [Proposal Transmittal Form](#) along with other requisite information at least five (5) business days in advance of the submission deadline. *Please contact [Dr. Benoit](#) for more information regarding the grant submission process.*
- **Student Research Support Fund**
  - In support of Burrell College medical student research and creative scholarship endeavors, the Office of Research and Sponsored Programs (ORSP) is pleased to announce the new 2020-2021 Student Research Support Fund and invites student researchers to submit an application. This funding opportunity provides Burrell College medical students with limited funds to support their research and creative scholarship. Applications are available on the [program website](#).
- **Distinction in Research**
  - The Office of Research and Sponsored Programs (ORSP) is pleased to announce the [Distinction in Research](#) that will begin accepting applications on **January 15, 2021**. The Distinction is a highly intensive and optional path that provides opportunities for medical students who seek higher levels of mentored research experiences.  
*S.J. Ontiveros, Ph.D.*  
*Contact: [sjontiveros@bcomNM.org](mailto:sjontiveros@bcomNM.org) or [research@bcomNM.org](mailto:research@bcomNM.org)*

## RESEARCH LABORATORIES

- **FY\_22 Budget Planning**
  - Budget planning for the next fiscal year is current in progress. Faculty with specific research equipment needs should submit proposals to the Office of Research by the end of the business day on Friday, January 15, 2021. Minor equipment is that which is <\$5,000 and major equipment is >\$5,000. Proposals should include a price quote, statement of how the proposed equipment will be used to enhance the College research capabilities, and for major equipment items, a list of potential users from within the College. Request will be prioritized by the Office of Research & Sponsored Programs in consultation with the Research Advisory Council. Please send all proposals electronically to [research@bcomnm.org](mailto:research@bcomnm.org)
- **Research Laboratory Access**
  - We wish to remind laboratory users to contact Ms. Kalli Martinez before visiting the Research Laboratories. We continue to operate at a reduced capacity and it is important that we maintain awareness of laboratory user access.

Email: [M. Woods, Ph.D. and K. Martinez](#)

- **Human Physiology Laboratory**
  - The IRB and Office of Research are working with Principal Investigators towards a plan for resuming face to face human subjects research in the Human Physiology Laboratory. Each project is being considered on a project-by-project basis from a risk/benefit perspective by the IRB based on information provided by the principal investigators. Assessment of risks and benefits includes those imposed to both subjects and investigators during the current COVID-19 pandemic. Contact the [IRB](#) or [Research Office](#) for more information.

## DATES AND DEADLINES

- Institutional Review Board (IRB) – January 29, 2021; 12:00 – 1:30 p.m.
  - Last day to submit materials for this meeting: January 18, 2021
  - Email: [IRB@bcomnm.org](mailto:IRB@bcomnm.org)
- Institutional Biosafety Committee (IBC) – January 6, 2021, 12:00-1:00 p.m.
  - Email: [Research@bcomnm.org](mailto:Research@bcomnm.org)
- Research Advisory Council (RAC) – December 18, 2020, 1:00 - 3:00 p.m.
- [Distinguished Researcher Seminar Series](#)
  - The Distinguished Researcher Seminar Series will continue as an online series through the Spring Semester. Dates will be announced as speakers are confirmed. Hosts for the Spring Seminars are as follows:
    - January: Department of Clinical Medicine
    - February: Department of Physiology & Pathology
    - March: Department of Biomedical Sciences
    - April: Medical Student Body

## POLICY & REGULATORY UPDATE

- **Burrell College New or Updated Policies and Procedures**
  - The Biosafety Manual has been updated after undergoing IBC review and is available on the Burrell College website. A minor modification has been made to the Blood-borne Pathogen Exposure Control Plan and we are still finalizing an SOP to inform the process by which Burrell Investigators can document Hepatitis B vaccination.
    - [Biological Safety Manual](#)
    - [Bloodborne Pathogen Exposure Control Plan](#)
  - This new SOP details the use of electronic gift cards for payments to research participants.
    - [RSP.017](#), “Payments to Research Participants”
- **Human Research Protection**
  - **IRB Membership Change**
    - Pastor Jared Carson, who has served as a non-affiliated member of the IRB, has informed us that he is resigning from the IRB due to current work commitments. We thank Pastor Carson for his dedicated service to the IRB and for all that he does in the Las Cruces community.
    - Phillipp Djang, Ph.D. has accepted an offer to join the IRB as a non-affiliated community member. Dr. Djang holds a Ph.D. in Engineering and is retired from 35 years of service at the Army Research Laboratory, White Sands Missile Range where he served as an Operations Research Analyst. We welcome Dr. Djang to the IRB and look forward to working with him.
  - [AHRQ Guide Notice on Exception to the Use of the Single IRB Review Requirements During the Coronavirus Disease 2019 \(COVID-19\) Public Health Emergency](#)
- **CDC**
  - [Biosafety in Microbiological and Biomedical Laboratories \(BMBL\) 6<sup>th</sup> Edition](#) **New Edition!** *Download your Free Copy.*

## FUNDING OPPORTUNITIES and NOTICES

- Guidance on new proposal submission and related information is available in MS Teams and on the Research Office Website. Please submit a completed [Proposal Transmittal Routing Request](#) in advance of the deadline. Allow five (5) business days for institutional review and signatures.

- [NIH Weekly Funding Opportunities and Notices](#) – December 4, 2020
- American Osteopathic Association
  - [AOA Research Grants](#) for DOs, MDs, and PhDs
  - [Research Opportunities](#) for resident physicians, fellows and osteopathic medical students
- [Wells Fargo Philanthropic Services](#) (Search for Opportunities)
- [Experimental Biology 2021](#) will be held April 27-30, 2021 as a virtual meeting.
- [AACOM Educating Leaders 2021](#) will be held April 20-22 as a virtual event.
- [American Academy of Osteopathy Convocation](#) will be held March 17-21, 2021 (*Currently being planned as a hybrid event*)

## CLINICAL TRIALS INFORMATION

- **Clinical Trials Information**
  - [TrialSite News](#) is a digital media resource dedicated to transparent and open coverage of clinical research trial sites around the globe.

## INFORMATION FOR AUTHORS

- **Information on Publishing Venues**
  - The Office of Research and the Burrell College Health Sciences Library are available to assist with any questions that you may have regarding appropriate places to publish your research.
- [Cureus Journal of Medical Sciences](#)
  - Cureus is an open access peer reviewed medical journal based in San Francisco, CA that offers free publication for articles that follow their author instructions.
- [Call for COVID-19 Research Papers](#): The JAOA editors invite researchers to share information and data about their experiences with COVID-19 with the osteopathic community.
- Are you interested in publishing a literature review? The Journal of the American Osteopathic Association has created a video that provides tips for putting together a quality [Systematic Literature Review](#)

## RECENT AND FORTHCOMING SCHOLARLY WORK BY BURRELL COLLEGE RESEARCHERS

(Please email us with your news and we will add it to future Updates.)

I thought it would be fun to end the year with a recap of the research and creative scholarship successes you shared with us in recent months. All of these were reported in previous issues of Research Update. Congratulations on your accomplishments and keep up the great work!

*Joseph N. Benoit, Ph.D.  
Assistant Dean for Research*

- Kerber E, Bukowska S, Mancol F, Kosowski B, Lee S-R, Teelucksingh S, Del Corral P. Increased vasoconstrictor sensitivity to glucocorticoids is associated with the exaggerated systolic blood pressure during submaximal exercise in young healthy adults. *Eur J Prev Cardiol.* (Accepted Aug 10, 2020, In Press).
- De La Rosa VY, Hoover J, Du R, Jimenez EY, MacKenzie D, NBCS Study Team, and Lewis J. Diet quality Among pregnantwomenintheNavajoBirthCohortStudy. *MaternChildNutr.2020;16:e12961.* <https://doi.org/10.1111/mcn.12961>.
- Arsiwala, TA, Butler C, Sprowls S, Szalai G, Lockman P, Liu T. Azacytadine mediated regulation of the keratin 18 gene through DNA methylation in the treatment of triple negative breast cancer metastases to brain. American Association for Cancer Research, Virtual Annual Meeting II, June 22-24, 2020.
- Oliver Hayes, DO. Expansion of the Southern New Mexico Family Medicine Residency Program. Sponsor: State of New Mexico Human Services Department. \$236,640.
- Cherylene Abalos, DO (MENTOR: Adrienne Kania, DO) – “The Effect of Osteopathic Manipulative Interventions on Opioid Use in Patients with Acute Pancreatitis” Sponsor: American Osteopathic Association, \$18,950.

- Chavez-Solano M, Grigoruta M, Varela-Ramirez A, Sierra-Fonseca JA, Orozco-Lucero E, Hamdan JN, Gosselink KL, Martinez-Martinez A. Maternal Separation Induces Retinal and Peripheral Blood Mononuclear Cell Alterations Across the Lifespan of Female Rats. *Brain Research* (Accepted), 2020.
- Karan A., Ali K., Rambaran K., Del Corral P., Sakhamuri S., Teelucksingh S. COVID-19 and ethnicity: Does reduced responsiveness to glucocorticoids explain the more aggressive nature of disease among minorities? *Medical Hypotheses* 144 (2020) 110220.
- Gerstein NS, Albrechtsen CL, Mercado N, Cigarroa JE, Schulman PM. A Comprehensive Update on Aspirin Management During Noncardiac Surgery. *Anesthesia & Analgesia: October 2020 - Volume 131 - Issue 4 - p 1111-1123* doi: 10.1213/ANE.0000000000005064
- Marshall M, Rios I. Green neutrophilic inclusions and a novel association with gangrenous ischemic colitis. *J Case Rep Images Pathol* 2020; 6:100041Z11MM2020.
- Taylor Z, Chory K, Wright M, Amatya A, Gard C and Woods ME. (October 29, 2020) Incidence and Survival for Common Cancers Are Lower in New Mexico and Along the US-Mexico Border Than Elsewhere in the United States. *Cureus* 12(10): e11234. doi:10.7759/cureus.11234
- Vadhan JD, Gilderma GS, Fuentes I (October 21, 2020) Congenital Right Coronary Artery Fistula Causing an Aortic Steal: A Rare Anatomic Abnormality and a Review of the Literature. *Cureus* 12(10): e11084. doi: 10.7759/cureus.11084
- Kania AM, Weiler KN (OMS-III), Kurian AP (OMS-III), Opena ML (OMS-III), Orellana JL (OMS-III), and Stauss HM. Activation of the Cholinergic Anti-inflammatory Reflex by Occipitoatlantal Decompression and Transcutaneous Auricular Vagus Nerve Stimulation. *JAOA*, in-press, 2020.