Research helps Ohio State Create the Future Now

In an academic medical center like Ohio State, an observation in a clinical setting can be studied in basic science labs to generate greater understanding that may eventually return to the bedside or exam room as a clinical study. Clinical trials are conducted to determine issues such as safety, dosing, side effects and eventually whether the new practice, drug or technique is better for people than the current standard of care.

That’s how we advance medical care and how we at Ohio State can Create the Future Now to improve people’s lives.

Scientists at Ohio State’s Wexner Medical Center have made great strides in areas such as cancer detection and care, heart imaging and treatments, brain stimulation for neurological conditions, rehabilitation for people with traumatic injury, the care of women and infants, treatment for those with conditions affecting the kidneys and many other areas.

New: The IDEA Studio in Healthcare and Design

To accelerate discovery, innovation and commercialization in health care through the creation of novel solutions that improve health, provide value and help us deliver P4 Health to our communities, Ohio State’s Wexner Medical Center has created the IDEA Studio in Healthcare and Design.

Through the convergence of technology development and systems design, the IDEA Studio will create a new array of solutions to provide exceptional healthcare experiences for our patients and their families. The Studio will work closely with Ohio State’s Technology Commercialization Office and the University Health and Wellness Initiative to accelerate the success of our commercialization efforts and to build the ecosystem that makes healthy living easy, affordable and accessible.

“The IDEA Studio will enhance our ability to work together in new partnerships and with greater support internally and externally, so that we can maximize the talent and energy emanating from the minds of our Medical Center scientists,” says Clay Marsh, MD, who directs the IDEA Studio.

For example, on March 6, the IDEA Studio hosted an innovation and commercialization forum. Peter Kleinhenz, a healthcare entrepreneur and investor, presented “Is my great idea fundable? Advice from a practitioner.” Kleinhenz heads a Midwest-based investment firm that has raised more than $300 million and invested in nearly 70 private companies. With more than two decades of experience in venture formation in the life sciences sector, Kleinhenz was able to share with Ohio State faculty and staff his keen sense of what it takes for a technology to succeed, either as a licensed product or as a new company.

While Marsh, who is chief innovation officer for the Medical Center, will continue in the College of Medicine as vice dean for Innovation and Transition, Joanna Groden, PhD, will succeed Marsh as vice dean for Research. A nationally renowned authority on inherited cancers, Groden has been a distinguished member of the Molecular Virology, Immunology and Medical Genetics faculty since 2005 and has served as the College of Medicine’s associate dean for Basic Science Research from 2007 until 2011 and associate dean for Graduate Studies since August 2011. She also co-directs our Biomedical Sciences Graduate Program and the Howard Hughes Medical Institute Med Into Grad Scholars Program.

Continued Support: OSU CCTS

Medical Center scientists continue to receive outstanding broad-based support from Ohio State’s Center for Clinical and Translational Science (OSU CCTS).

Funded by a multi-year Clinical and Translational Science Award (CTSA) from the National Institutes of Health, the OSU CCTS leverages expertise from every college across the University, including scientists and clinicians from the seven Health Science Colleges, the College of Engineering, Ohio State’s Wexner Medical Center and Nationwide Children’s Hospital, community health and education agencies, business partnerships, and regional institutional network partners.

The OSU CCTS provides financial, organizational, and educational support to biomedical researchers, as well as opportunities for community members to participate in credible and valuable research. CCTS staff provide hands-on support for developing protocols, drafting IRB documents and grant submissions, recruiting participants, and study monitoring. These services as well as those of the OSU Clinical Research Center may be accessed through the CCTS Computerized Research Record: researchrecordinfo.osu.edu

Two tools that have proven extremely beneficial to the advancement of biomedical research at Ohio State are StudySearch and ResearchMatch.

StudySearch is an online tool which serves as a central repository of research studies and clinical trials at Ohio State and the Medical Center that are seeking volunteers. Studies may be searched by medical condition and/or treatment. Any study that is IRB approved and seeking volunteers may be listed on StudySearch. The actual posting language does not require additional IRB review and approval. Currently there are more than 180 studies posted on StudySearch with approximately 1,500 unique visitors per month. If you wish to post a study, contact Blair Gonsenhauser at blair.gonsenhauser@osumc.edu.

ResearchMatch is a secure volunteer registry funded by the National Institutes of Health. Volunteers of all ages and conditions (including healthy volunteers) are encouraged to register on ResearchMatch. Approved researchers can use ResearchMatch to seek volunteers who may fit the criteria and contact them to invite them to learn more about their studies. OSU is a leader in the nation in the number of people registered as volunteers, registered as researchers, and participants enrolled in studies via ResearchMatch. For more information on ResearchMatch, contact Rose Hallarn at Rose.Hallarn@osumc.edu.

For more information visit cphc.osu.edu/ and ccts.osu.edu/.

The 12th Annual Trainee Research Day for Ohio State’s Wexner Medical Center will be held April 11 at the Biomedical Research Tower. Trainee Research Day provides an opportunity for faculty, staff and students to appreciate the research being conducted in biomedical science by College of Medicine trainees, including postdoctoral fellows and researchers, clinical residents and fellows, graduate students, medical and MD/PhD students, and undergraduate students. All faculty, staff and students are invited to view the more than 350 posters representing the work of our promising researchers, which will be on display throughout the day.
Powering Down on Screen Time

Joe Meaney | The Ohio State University Wexner Medical Center

Research has shown that too much screen time, including the usage of TV, computer, phone or tablet, can be linked to a slew of negative outcomes for both children and adults. Obesity, poor sleep patterns, behavior problems, decreased school performance, violence, aggression and reduced time for physical activity can all be consequences of too much screen time.

It is important to have dedicated family time without the distractions of electronic media, says Mary Fristad, PhD, director of Research and Psychological Services in Ohio State’s Division of Child and Adolescent Psychiatry. “If you don’t turn off the screen, it’s really hard to have high quality family interaction,” says Fristad. “I would recommend families to have separate times where screens aren’t allowed. I would strongly encourage a family dinner time where the TV is off and phones are not at the table, where people are really interacting with each other.”

If your child has become too immersed in screen time activities, Fristad says there are ways to promote interesting activities that are healthy and beneficial to the child.

“Have house rules, such as limiting screen time to two hours per day. Also, keep the computer in a public place where activity can be monitored so three hours of homework isn’t mostly spent on Facebook,” says Fristad. “To promote family activities that can be physical or creative, have some quiet time. Only turn the TV on for specific shows. Don’t let it run continuously as background noise.”

For families with children who are having problems with too much screen time, Fristad suggests ways to limit the amount of screen time as well as how to find alternative family activities.

For activities that will interest children that do not involve screen time, Fristad recommends:

- **Anything outdoors** — Visit the Metro Parks or take the dog for a walk.
- **Indoor gyms** — Recreation centers, community centers, indoor ice skating.
- **Promote healthy hobbies** — Read books, listen to music, participate in a band, theater or sports team.
- **Cook together** — Make nutritious meals, prepare the foods and plan the menu with foods made from scratch.
- **Simple quiet down time** — Go to the library and pick up a book that interests you.

Fristad also recommends that for children under two years old no screen time is allowed. Instead, focus on human interaction with parents and other people. Also, do not allow TVs or computers in your child’s room.

“Children will sleep better, there mood will be better, and their school performance will be better. It is an all around better outcome,” says Fristad.

Ohio State’s Wexner Medical Center offers a comprehensive program of Behavioral Health Services for all ages on an inpatient, partial inpatient and outpatient basis at OSU Harding Hospital (614-293-9600) and Talbot Hall (614-257-3760). For more information, visit medicalcenter.osu.edu > Patient Care > Healthcare Services > Mental Health & Psychiatry. If you are experiencing a crisis situation, dial 9-1-1 for help.

Worth Repeating

Accomplishments and advancements from Ohio State’s Wexner Medical Center to share with family and friends:

**College of Medicine ranking**
Ohio State’s College of Medicine ranked 38th in research among America’s 126 medical schools and 20 schools of osteopathic medicine in the 2014 U.S. News & World Report “America’s Best Graduate Schools” issue. This year’s ranking confirms that Ohio State’s College of Medicine is attracting some of the best and brightest students. The average MCAT test score of the College’s applicants increased from 11.1 to 11.3, the acceptance rate went from 11.2 to 6.6 percent and overall GPAs rose from 3.64 to 3.68. Also, the College’s 2014 primary care ranking is 24th place, up from 410th last year.

**Medical Education Research Group**
In January, more than 100 College of Medicine faculty and staff gathered for the inaugural Medical Education Research Conclave. The goals for this session were to generate ideas for educational research and to develop opportunities for collaboration by connecting individuals with common research interests. By late February, more than 200 research ideas were generated and 11 Medical Education Research Groups formed, reports Daniel Clinchot, MD, vice dean for Education.

**Director selected for OSU Center for Bioethics**
Ryan Nash, MD, MA, became director of the new OSU Center for Bioethics this month. Nash has a strong background in ethics and palliative care, researching how medicine, moral philosophy and moral theology impact patients with advanced and serious illness. Nash will be responsible for providing leadership and administration for the Center and for ensuring state-of-the-art clinical care of patients, cutting-edge research and scholarship, and quality programs for the education and training of healthcare professionals. These include establishment of a graduate and undergraduate curriculum in medical ethics and professionalism and a fellowship program in bioethics and professionalism at the Medical Center.

**Beacon Award for 2 Ross team**
The 2 Ross care team at Ohio State’s Richard M. Ross Heart Hospital has received the Beacon Award for Excellence from the American Association of Critical Care Nurses. This prestigious designation is given to a select few nursing units in the United States each year. It is based on rigorous standards in professional practice, patient care and outcomes in six categories. The 2 Ross team joins 4 Ross and the Medical Intensive Care Unit (MICU) as Ohio State’s most recent Beacon Award-winning units.

**Best honored with Pioneer in Medicine Award**
Thomas Best, MD, PhD, co-medical director of OSU Sports Medicine, has been presented the 2013 Norman O. Rothermich Pioneer in Medicine Award by the Arthritis Foundation of Central Ohio for his "commendable work and steadfast dedication to his patients and the central Ohio community." Best focuses on muscle and tendon injuries and osteoarthritis and studies the role of muscles in management of osteoarthritsis of the knee.

**Flynn named associate physician-in-chief**
Joseph Flynn, DO, MPH, FACP, has been named associate physician-in-chief at The James. He will continue serving as co-director of the Division of Hematology and director of Clinical Operations within the Division. April 26-27: Nite Out!
Nite Out 2013, the 62nd annual variety show fundraiser for the Columbus Free Clinic, will be held at 7 p.m. on April 26-27 in the Thurber Theatre of the Drake Union. Faculty, staff, students and friends of Ohio State’s College of Medicine will entertain their audience with dancing, singing, juggling, live techno music, acting, and much more. Tickets can be purchased pre-performance at the theater. For more information, contact tammy.carl@osumc.edu or 292-6450.

Learn more good news about Ohio State’s Wexner Medical Center so that you can share our advancements and accomplishments with friends and family in person or through social media by visiting the News and Media Room at medicalcenter.osu.edu.
Social Media: Connect. Learn. Share.

Gina Bericchia | The Ohio State University Wexner Medical Center

In 2009, Ohio State’s Wexner Medical Center was one of the first health systems in the country to formally adopt a social media policy. Since then, hospitals nationwide have looked to us as they plan how to use social media to provide better customer service and engage employees, while steadfastly protecting the privacy of our patients.

Since the creation of the social media policy several years ago, we have strategized about the best ways to use social media to be better care providers.

Our message to our followers is: “here is what we are uniquely doing to help improve people’s lives and create the future of medicine.” Even our leaders are joining in the conversation; just follow @SteveGabbe or @ClayMarsh.

We want you – our patients, staff, faculty, volunteers and visitors and staff – to be our voice. We encourage you to hear and share the powerful stories already being told.

Here’s a sampling of some recent social media comments:

• **Candy On Twitter:** “my highlight was my kidney transplant thru OSU, my husband donated 3 weeks ago #12highlights

• **Apyril on Facebook:** “My husband spent the holidays last year in the James Hospital. We truly appreciated the blanket and still use it all the time! Keep up the inspirational work!!”

• **Troy on Facebook:** “In December I had my kidney transplant at OSU; I just want to thank you guys for your great care! The kidney is doing great and I couldn’t ask for a better Christmas gift!”

• **Kim on Facebook:** “I credit Dr. Prevedello with giving me my life back. He’s an incredible neurosurgeon!”

• **Angie on Facebook:** “The staff takes the time to answer any type of question a family member may have. It certainly helps through these worrisome times. Thank you doesn’t seem like enough for the gratitude I feel for the employees at OSU hospital.”

The impact of Personalized Care

Earlier this year, a 1,400-word letter of appreciation was written to Ohio State’s Wexner Medical Center by the mother of a 17 year old. The teen’s two-month journey through our hospitals began with admission to intensive care, moved to a step-down unit and finished with rehabilitation care at OSU Dodd Hall.

The mother thanked more than one hundred staff members whose personalized caring along the way helped her son advance on his path to recovery. She thanked one staff member who brought in homemade applesauce and another who made sure her son’s favorite music was playing when he received a sponge bath. She praised the custodian’s dedication to ensuring her son’s room was clean, the “cast guy” who helped promote healing and comfort, and the Dodd Hall staff who used their free time to play games with her son. Doctors, nurses, therapists, techs, pharmacists and supporting staff were each thanked by name.

Here are excerpts from her letter:

“I would like to tell you about our experience here at the OSU Medical Center and your staff who made all the difference. I can tell you your staff saved my child’s life! Your motto is “providing you with personalized care and comfort is our greatest concern” and this is the reason for my letter to you. Each one of these wonderful people needs to be commended and singled out for their contribution to our experience. It’s not just the patient that the staff takes care of. They made it a point to make my son, myself, family and friends feel good in a very bad situation.

What a fantastic group of people you have here from the custodians, techs, RNs, PTs, RTs to the doctors and everyone in between! Basically, our experience overall here was incredible, pretty unbelievable but true! I would have never thought at the beginning of this life changing tragic event in my son’s life, I would be able to say that our time here was lovely but it was that and much more! THANK YOU!!!!

Critical Care team celebrates patient success.
Adam Moss, a first year undergraduate student at Ohio State, has begun to make a remarkable impression on the Department of Political Science. As a member of the TOPS program, which is under the direction of the Nisonger Center, Moss began auditing an introductory level Comparative Politics course in the autumn 2012 semester. It was during his time in the classroom that Moss began to realize his passion and career aspirations. In a recent interview, he remarked how the Political Science courses have truly opened his eyes to the world of possibilities in government jobs. For his own goals, Moss hopes to someday be appointed as member of a US President’s cabinet. With the help and guidance from the TOPS program, Moss has started toward his goals.

The Nisonger Center is one of the 27 recipients of an exciting and innovative five-year demonstration grant, funded by the Office of Postsecondary Education, to establish higher education experiences aimed at improving employment for transitioning-aged youth with intellectual and development disabilities. Transition Options in Postsecondary Settings for Students with Intellectual and Development Disabilities (TOPS) is a transitions option focused on empowering students to become self-determined adults by providing them with college experiences including participation in college classes, internships, employment, and campus social life that are personalized to each student’s interests and needs.

The TOPS program is designed to be completed over a four-year term consisting of approximately 120 semester hours that includes four basic areas of transition study: academic enrichment and lifelong learning, vocational exploration and employment, independent living, and student development (social engagement/health and wellness). The TOPS program has supported Moss as he has participated in many of Ohio State’s enriching college experiences. Moss not only attends classes, but he is also an intern for Disability Rights of Ohio.

Toi-Lin Van Horn, a TOPS academic adviser, says that seeing the eagerness of faculty to engage in helping students with disabilities makes her proud to be a Buckeye.

Irfan Nooruddin, PhD, Political Science, was the first faculty member to instruct Moss in his Political Science major. Nooruddin helped Moss establish a coursework map that will allow him to experience various political science subjects.

Moss is now enrolled in an American Politics course taught by Jess Goode, who says: “It’s been a real privilege to have Adam in class. He’s a deeply engaged student who not only cares about learning the structures of American government but also how citizens can become involved in the process. He works hard on class assignments and is an active participant in the learning process, frequently staying after class to ask questions and learn more details. It’s clear that his motivated and dedicated approach not only enriches this class but the wider OSU community as well.

TOPS is another example of how two valuable areas within our One University can work together to enrich the life of one individual and our community as well.

To learn more, visit nisonger.osu.edu > Education > TOPS.