



March 2017

Research News

An Attending's Research Reflection

Dustin L. Richter, MD

I began medical school at UNM over 10 years ago and was immediately drawn to the field of orthopaedic surgery sports medicine. Early on, I was afforded the unique (and sometimes painful!) opportunity to learn the research process in its entirety. I was able to follow several projects from their inception through IRB approval, and later on to publication and presentations at national and international meetings.

In 2008, I studied the clinical outcomes of knee dislocations and worked through IRB approval as a medical student. I then identified subjects around the country meeting our study criteria, contacted them, and had them evaluated by UNM Orthopaedics (Dr. Bob Schenck and Dr. Dan Wascher), Physical Therapy (Dr. Burke Gurney, Dr. Ron Andrews, and James "Bone" Dexter), and Radiology (Dr. Gary Mlady). After compiling all of the data, I presented my results at the American Orthopaedic Society for Sports Medicine Annual Meeting in Baltimore.

Why is this significant? Publishable research usually means teamwork. Publishable

research starts with a good question—which is often multifaceted and complicated. Many of the best research projects are passed around from one colleague to another or involve multicenter studies with a large multidisciplinary team effort. Luckily, our department has a great research staff. We have a research coordinator (Joy Van Meter), medical editor (Sahar Freedman), layout editor (Melanie DeLorenzo), director of research (Dr. Deana Mercer), director of the Orthopaedic Biomechanics and Biomaterials Laboratory (Dr. Christina Salas), and an incredibly supportive research-minded chairman (Dr. Bob Schenck).

I encourage you to ask questions, collaborate on research ideas, peer review as many papers as possible, and pass down projects you can't find time to complete. Most importantly, don't give up on publishing your research after receiving a rejection letter. One thing I have learned is that there is a journal for most well-written manuscripts . . . you just have to have the determination to find it!



Sports Medicine physicians after the Lobos won the 2016 Gildan NM Bowl

UNMORJ Updates

- Asking for a 3-4 week turnaround from peer reviewers
- 2018 deadline is Sunday, January 7
- Accepting submissions for 2018 on a rolling basis
- Instructions for authors: <https://goo.gl/snXe8d>

Please email submissions to: [unmorj@gmail.com!](mailto:unmorj@gmail.com)



Productivity in the OBBL is booming with new developments:

1. We submitted results of two studies as abstracts to ASSH and had two abstracts accepted to AOA
2. A new prototype for the Pelvic Ring Emergency Stabilization System (PRESS) project is underway
3. We can now print new designs with our bioprinter using composite materials
4. Drs. Salas and Mercer were interviewed by local media stations KRQE News 13 (<https://goo.gl/GWBgEI>) and KOB 4 (<https://goo.gl/jx7Oco>) on February 23rd and March 1st, respectively, regarding our bioprinter
5. Finally, we welcome Farid Manuchehrfar and Arshin Gharib (biomedical engineers) to the OBBL team!



Investigator Profile

Editing Tip

“The male presented to our clinic with pain in his left hand.” What’s wrong with this sentence? Hint: it rhymes with pale. According to the *AMA Manual of Style* (10th ed), a patient should be referred to as a man, woman, boy, girl, or infant when possible to avoid “dehumanizing” humans in research. Thus, a corrected version could read: “The man presented to our clinic . . .”

Meet Dr. Erika Garbrecht, a 4th year resident with an interest in orthopaedic oncology. Erika loves to play soccer, hike, and travel. Currently, she is across the globe in Pakistan working with our very own Dr. Tahseen Cheema. Erika—along with Drs. Michael Decker, Dustin Briggs, and Christina Salas—was recently awarded a \$5000 grant from the Orthopaedic Research and Education Foundation. So we sent our camera crew to get the inside scoop!



Was writing the grant an easy process?

The specific grant I applied for was a very detailed process. The final grant submitted, with all needed information, was 46 pages long. Although it took time, it was work we would eventually have to do to complete the project. With its completion we now have a detailed methodology and have written a large portion of the manuscript.

Did anything stand out as surprising or unexpected?

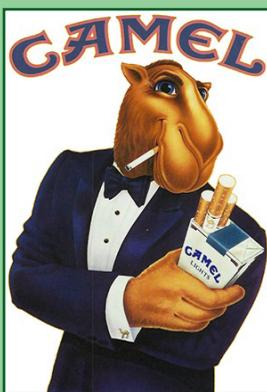
Nothing unexpected. It was interesting to learn about the entire process and how many people are actually involved.

Was it hard to wait to find out if you received the grant?

At first it was easy to wait. I worked pretty hard to get the grant submitted, so it was nice to have some time to wait without work hanging over my head. As it got closer to the acceptance/rejection date, I was a little nervous each morning checking my email.

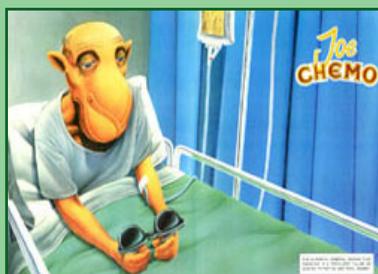
What an awesome accomplishment! Thanks for sharing your unique experiences with us. We look forward to following your research exploits with your well-deserved grant funding.

How did we go from this?



Source: <https://goo.gl/SmF7ss>

To this?



Source: goo.gl/sO3yTU

. . . research!

In order to sell cigarettes and assuage health concerns of consumers, advertising companies used the image of doctors as marketing material. These companies went as far as surveying physicians at conferences about their cigarette brand of choice. Thus creating the image that smoking cigarettes was healthy. However, non-biased research on smoking provided results that suggested a very different reality! Eventually, enough evidence was available for Surgeon General Luther Terry to release his famous Report on Smoking and Health. From 1958 to 1968, common knowledge that smoking was bad for your health increased by 34% (from 44% to 78%). And in 1965, congress required the surgeon general’s warning on every cigarette pack. Hooray for research improving health!

Source: <https://goo.gl/SZqTyz>