2015-2016
Academic Associate Program

North Shore-LIJ Department of Emergency Medicine
About The Program

The NS-LIJ Academic Associate Program is a one- or two-year, full-time, paid program in the North Shore-LIJ Health System’s Department of Emergency Medicine. The position is designed for post-undergraduates who are interested in gaining experience in clinical research, quality improvement, and/or hospital administration. Academic Associates often apply to medical school but also go on to pursue other careers in fields such as public health, research, and healthcare administration. This pamphlet contains details on the application process as well as information on past and ongoing Associate projects, Associate testimonials, and contact information for current Associates.

www.northshorelij.com/emergency/en/page/research-academic-association

North Shore LIJ Health System

All images used in this brochure were taken from the 2013-2014 and 2014-2015 Academic Associate Programs.
Mae, I was hoping here maybe you could write a brief paragraph explaining why you believe the program is strong. Would this be possible? I'd also like to include your picture and title to the left of this text box.

**BENEFITS**

- Co-authorship on various publications
- Strong networking opportunities with practicing physicians locally and nationally
- Stipend salary and full healthcare benefits
- Located 30 minutes from New York City

**DESIRED EXPERIENCE/INTERESTS**

- Clinical research
- Public health
- Hospital administration
- Information services
WHERE DO ASSOCIATES WORK?

Academic Associates work for the North Shore-LIJ Health System, which is the largest integrated health system in New York State and the 14th largest in the country. The system includes the Feinstein Institute for Medical Research, the Hofstra North Shore-LIJ School of Medicine, and 17 hospitals, 5 of which are academic medical centers. It is the largest private employer in New York State and serves an area that is home for more than seven million people in Long Island, Manhattan, Queens, and Staten Island.

Within the health system, Associates are employed by the Department of Emergency Medicine and spend most of their time at two locations: North Shore University Hospital and Long Island Jewish Medical Center. In addition, Associates work with professionals from the Feinstein Institute for Medical Research, Cohens Children's Medical Center, the Center for Learning and Innovation, and the Hofstra North Shore-LIJ School of Medicine. For Continuing Medical Education (CME) conferences, Associates also travel to Manhattan to venues such as the New York Academy of Medicine and Lenox Hill Hospital.
**North Shore University Hospital**

- 788 bed, tertiary care teaching hospital
- More than 3,000 specialty and sub-specialty physicians
- Approximately 90,000 ED visits per year

**Long Island Jewish Medical Center**

- 524 bed tertiary care teaching hospital
- More than 700 staff physicians
- Approximately 80,000 ED visits per year

**Feinstein Institute for Medical Research**

- Oversees over 2,100 research studies in which over 15,000 subjects participate
- Ranks top 6th percentile of all National Institutes of Health (NIH) grants awarded to institutions
- Regularly publishes in journals like *Nature* and *The New England Journal of Medicine*

**Hofstra North Shore-LIJ School of Medicine**

- 100 students per class
- Welcomed its inaugural class in 2011
- In the past, medical students from Hofstra have worked closely with Academic Associates at LIJ while conducting summer research
WHAT DO ASSOCIATES DO?

Associates gain exposure to many aspects of academic medicine. They work primarily with physicians but also collaborate with other healthcare professionals including administrators, statisticians, nurses, and PAs. The program has five key areas of focus: Healthcare administration, research, performance improvement, information technology, and continuing medical education. This breadth of focus provides Associates with a comprehensive perspective on the workings of an academic medical department. The following pages describe a small sample of past and ongoing Associate projects and will provide a more concrete understanding of the position.
HEALTHCARE ADMINISTRATION:
EMERGENCY MEDICINE CAREER ADVANCEMENT PROGRAM (EMCAP)

“EMCAP has given me the opportunity to serve as a liaison between our department and Hofstra North Shore-LIJ School of Medicine. I have developed professional and networking skills through working directly with departmental leaders and health system administrators that I will apply throughout the rest of my career.”

Katie Bradburn  
Academic Associate  
2013-2015

The Emergency Medicine Career Advancement Program (EMCAP) was newly created to help facilitate the development of North Shore-LIJ Emergency Medicine faculty. It includes 7 committees, each of which oversees an area of the department like research, education, innovation, or faculty promotions. Associates who are assigned to manage EMCAP are responsible for tasks like coordinating meetings, recording meeting minutes, and modifying committee documents. Through this project, they gain a high-level perspective on the workings of an academic medical department and work closely with some of the most senior staff in the department.
RESEARCH

Academic Associates are integrally involved with the Department of Emergency Medicine's research program, working on a diversity of projects in a diversity of roles. Associates work directly with physician investigators and, depending on the status of a particular project, help with the following:

- Protocol development
- IRB Approval
- Patient enrollment
- Patient follow-up
- Data management
- Data analysis
- Abstract/manuscript writing
- Poster presentations

On the next page, we describe two Associate research projects: one examining diabetes education in the ED and the other a program to help sexual assault victims.

2013-2014
Academic Associates were authors on

14 Abstracts that were accepted at national conferences
RESEARCH: SEXUAL ASSAULT VICTIMS IN THE EMERGENCY DEPARTMENT

One in every thirty-three men and one in every six women are victims of sexual assault during their lifetime, and sexual assault victims frequently seek care in the Emergency Department (ED) after their attack. The Sexual Assault Nurse Examiner (SANE) Program was developed to provide these patients with the necessary support and medical care that they need. While the work of SANE has received national recognition, there is very little empirical research regarding the efficacy of the program and the profile of patients who receive this treatment.

At North Shore University Hospital, investigators initiated the Sexual Assault Victims in the Emergency Department (SAVED) research program to fill this knowledge gap, and Academic Associates have played a critical role in its execution. They conducted a retrospective chart review of sexual assault survivors over a twelve year time period, analyzing data such as specifics of the attack, demographics of the patient, whether or not the patient received SANE care, and details of their care. To date, three abstracts have been published from this program and associates are currently working on a manuscript with the principal investigators.

"It's been empowering researching a program like SANE that supports such a noble cause."

Lauren Granat Academic Associate 2014-2015
RESEARCH: DIABETES EDUCATION IN THE EMERGENCY DEPARTMENT

In 2012, the American Diabetes Association (ADA) estimated that 29.1 million Americans were living with diabetes and that a staggering 8.1 million of these people, nearly 30%, were undiagnosed. Staff at Long Island Jewish Medical Center believed that the emergency department could potentially serve a role in diagnosing these patients, educating them, and referring them to care, ideally before diabetes and its complications progress. With this in mind, they launched a performance improvement (PI) initiative.

Academic Associates were integral to this PI initiative. In the Clinical Decision Unit (CDU), which is a 24 hour observation unit within the ED, Associates identified patients who had never been diagnosed but were at a high risk for developing diabetes. When identified, Associates ran an HbA1C to determine whether these patients had diabetes or pre-diabetes and educated them if they did. The education focused largely on lifestyle changes patients could make that

Associates spend time in the ED educating patients about diet and exercise changes that will slow the progression of diabetes.
RESEARCH: DIABETES EDUCATION IN THE EMERGENCY DEPARTMENT

"For me, working on this project is rewarding; I'm grateful for the opportunity to speak with these patients, especially as many are receptive and appreciative. Working on this project has also been enlightening, as it shows me firsthand the gaps in diabetes screening and education. Consequently, I have gained a new appreciation for the benefits of preventative care, an appreciation that I expect to maintain as I move forward in my medical career."

Chris Valente
Academic Associate
2014-2015

can slow the progression of diabetes. Associates are hoping that this education, along with the diagnosis, will encourage some patients to make adjustments in their lives that could avoid or delay diabetes and its associated complications. In the coming months, the program will expand beyond the CDU to the rest of the ED. If effective, diabetes screening in the ED could extend to the entire North Shore-LIJ system and possibly become part of standardized care in the hospital setting. Under the guidance of physicians, Associates will continue this PI initiative as well as refine their educational program, develop a research protocol, and apply for IRB approval so that they can follow up with patients and publish some of their findings.
PERFORMANCE IMPROVEMENT: THE SEPSIS QUALITY INITIATIVE

Sepsis is an overwhelming immune response to an infection, leading to widespread inflammation and the potential failure of one or more organs. Every year, sepsis costs approximately $17 billion in the United States and kills an estimated 200,000 Americans – more than stroke, cancer, and even heart attack. In 2009, North Shore-LIJ convened the Sepsis Task Force. Comprised of faculty from across the health system, it was charged with reducing in-system sepsis mortality and has been an enormous success: through development and implementation of an algorithm-based protocol, health system sepsis mortality decreased by 50%. Now, all hospitals in New York must begin to follow this example, leaving North Shore-LIJ uniquely positioned to assume a leadership role in driving the quality of sepsis care as it becomes a larger issue on both state and national agendas.

The Academic Associates play a vital role in North Shore’s on-going fight against sepsis. At North Shore University Hospital (NSUH), Associates are responsible (1) for screening ED medical records to determine which patients may have had sepsis and then (2) for entering clinical information on identified sepsis patients into a departmental database. Under the guidance of Dr. Jason D’Amore, the Task Force Co-Chair, Associates also have
PERFORMANCE IMPROVEMENT: THE SEPSIS QUALITY INITIATIVE

had active roles in the design and implementation of sepsis performance improvement initiatives, including revamping the sepsis algorithm. Furthermore, the massive amount of data captured for the Sepsis Initiative has loaned itself to further research opportunities for the Associates in a diverse array of clinical, systems, and financial contexts.

"Working on the Sepsis Initiative has provided me a unique learning opportunity before medical school. I can’t overstate the breadth of clinical knowledge I’ve gained from chart reviews, and participating in the program’s administration at the hospital and system level has offered me a glimpse into how a large healthcare organization operates. From the investigation of new hypotheses to overcoming barriers in implementing integrative evidence-based responses, I’ve been afforded an experiential opportunity to contribute meaningfully to patient well-being: a chance to see and to engage in the process by which healthcare organizations address today’s pressing and complex problems."

Dan Leisman, 2014-2015 Academic Associate leader of the Sepsis Quality Initiative
INFORMATION SERVICES

Electronic medical records (EMR) have enormous potential to improve healthcare delivery. On a national scale, they enable large observational research studies, the findings of which can be applied to improve clinical decision making. On an individual scale, they give physicians better access to patients' medical histories, allowing doctors to better understand their patients' conditions and to improve their care.

Academic Associates apply data from EMR to improve care at the departmental scale in the North Shore University Hospital Emergency Department (ED). They electronically abstract data, such as patient volume, door-to-provider times, and patient dispositions (admitted, discharged, left against medical advice) from the EMR to a departmental database. Departmental leaders in turn use this database to improve care. For example, the data allow physicians to see how the NSUH ED compares to national benchmarks in metrics such as door-to-physician time. If the comparison is not favorable, the problem can be addressed. Occasionally, a physician will also request EMR data that isn't normally collected. In these instances, Associates are tasked with writing queries to gather the necessary data, helping associates to hone their skills in data management.

Associates who work on this project not only gain firsthand experience abstracting, analyzing, and presenting EMR data for performance improvement and research purposes, but also have the opportunity to work closely with departmental leaders.
CONTINUING MEDICAL EDUCATION

Physicians and other healthcare professionals attend Continuing Medical Education (CME) conferences to stay abreast of new developments in medicine and to improve the quality of their care. The Department of Emergency Medicine at North Shore-LIJ hosts nine CME events each year on topics such as international emergency medicine, health policy, and pediatrics. Academic Associates are integral to coordinating each of these events; they manage event logistics, registration, finances, and reporting. Below are images from the annual Health Policy Assembly, which was held at the New York Academy of Medicine.
LIFE BEYOND WORK

Academic Associates work hard but also have a strong work-life balance. Importantly, they are given the flexibility to take time off work for medical school interviews, an unusual benefit in an entry level position. Also, they work closely with the other Associates whom are in a similar place in life and often also have similar interests and aspirations. In the past, Associates have gone on skiing and camping trips and frequent all-you-can-eat sushi. As both North Shore University Hospital and Long Island Jewish Medical Center are located 30 minutes by train from Penn Station, Associates also have access to New York City and all its cultural and culinary attractions. These benefits and more allow Associates to have a year that is both professionally and personally fulfilling.
HOW TO APPLY

If interested in applying to the 2015-2016 Academic Associate Program, please fill out the application included in the link below:

http://goo.gl/forms/0SsRYI9bd8

In addition, send a resume, transcript (unofficial is okay) and brief letter expressing your interest in the program to Pat Sheppard and Kathryn Brady (contact information below). Applications are reviewed starting in September, and interviews will begin in late November. Candidates are interviewed on a rolling basis, so we encourage you to apply as early as possible. If at any point you have questions about the program, please do not hesitate to reach out to Pat, Kathryn, or any of the other associates listed on the program webpage.

Pat Sheppard
emaap@nshs.edu
718-470-7987

Kathryn Brady
emaap@nshs.edu
516-562-1223

North Shore LIJ