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Institute of Clinical and Translational Sciences NEWS

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Grant Citation

Investigators using ICTS cores and services to support their research should acknowledge the CTSA Grant **UL1 RR024992**

ICTS scholars and trainees should acknowledge the CTSA linked grant **KL2 RR024994** or **TL1 RR024995**

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Send your comments or article suggestions to icts@wustl.edu

Washington University in St. Louis

ICTS Announces New CARS Lifestyle Intervention Research Core

Through the recent funding of an NIH CTSA American Recovery and Reinvestment Act of 2009 Administrative Supplement, the ICTS has established a new core to help ICTS investigators implement an effective lifestyle intervention program into their research studies. This new multi-disciplinary service is called the Lifestyle Intervention Research Core (LIRC) and is a component of the Center for Applied Research Sciences (CARS). As many chronic diseases, such as obesity, diabetes, and cardiovascular disease can be prevented or treated by changing lifestyle eating and physical activity behaviors, the National Institutes of Health and other funding agencies have become increasingly interested in understanding the effect of lifestyle changes on metabolic function and clinical outcomes.

The overall goals of the LIRC are to help ICTS investigators: 1) assess baseline lifestyle behaviors (ingestive and physical activity), 2) determine taste perception and preferences, 3) develop an appropriate lifestyle intervention that meets a study's budgetary and research requirements, and 4) help provide the lifestyle intervention needed for research protocols. The LIRC provides a unique compendium of services and facilitates the development and implementation of research studies previously not possible because of the inability to implement lifestyle change.

The LIRC supports:

1. Specialized nutrition services, including nutrition assessment, education, and counseling; recipe development; nutrient analysis; and development of menus/formulas for diet intervention,
2. Behavioral assessment and therapy for diet and activity lifestyle changes,
3. Training in sensory evaluation techniques and lifestyle behavior-change therapy, and
4. Image processing and analysis services to monitor the effects of lifestyle intervention on body composition.

ICTS investigators who are interested in using LIRC services should contact Beth Henk, Administrative Director of the LIRC, at bhenk@dom.wustl.edu or 314-286-2089.

Message from the Director: Kenneth S. Polonsky, MD

I am pleased to share with you several notable events and projects that have unfolded during the last two months. Under the American Recovery and Reinvestment Act of 2009, the NIH/NCRR announced a CTSA administrative supplement program. The ICTS responded with 8 applications in May and recently received 5 awards. This success rate illustrates the innovation and high quality of the programs and faculty involved in the ICTS and provides valuable support for additional translational initiatives over the next two years. The feature article above describes the aims of one of these supplements, the CARS Lifestyle Intervention Research Core. Information about the other supplements will be presented in future issues of the ICTS News.

In early October, an RFP was issued for the new St. Louis Community/University Health Research Partnership (CUHRP) program. ICTS partner institutions, Washington University, Saint Louis University and BJC Healthcare, have embarked on this important initiative to support collaborations between community-based organizations in St. Louis City and County and faculty members at Washington University and Saint Louis University. This program will be facilitated by the St. Louis Regional Health Commission and I encourage you to consider the opportunity to participate. Details on the CUHRP program can be found in the article on page 3.

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Another recent event that focused on building academic-community collaborations was the "Our Community, Our Health" conference held at Harris-Stowe State University on October 29th. Sponsored at Washington University by the ICTS, the Institute for Public Health, and the Center for Health Policy, and at Saint Louis University by the Schools of Medicine and Public Health, the focus of this conference series is to help address local health disparities. Along with the CUHRP program, "Our Community, Our Health" will help to align academic research priorities with community-identified health priorities.

Finally, the BJHF/ICTS Clinical and Translational Research Funding program received 101 letters of intent for the October deadline. Proposals are due on November 16th and study sections will be held in late January. The increasing number of applications from and collaborations with representatives from the ICTS partner institutions is indicative of the effect the ICTS has on building these relationships.

These are just a few of the most recent examples of how the ICTS is leveraging available funding and developing collaborative relationships to enhance our clinical and translational research efforts.

HealthStreet Seeks Donations

The ICTS Center for Community-Based Research has extended its outreach efforts by opening a storefront called HealthStreet in the Forest Park Southeast neighborhood that provides education about research studies, research volunteer opportunities, and assists in serving the community. As a part of HealthStreet's community presence and outreach effort, we offer free services to the public including HIV/STD testing and medical referrals. Another service, access to a clothing and toiletry supply closet, relies on the generosity of the community. HealthStreet is seeking donations of clothing and hotel-style toiletries. Clothing should be in good condition, clean, and on hangers (if possible). Tax deductible donations can be brought to HealthStreet, 4306 Manchester (just west of Tower Grove), 63110. Hours of operation are Mondays/Fridays 10-2; Tuesdays/Wednesdays 1-5; Thursdays 3:30-7:30; and 10-2 the first Saturday of the month. For more information contact HealthStreet Project Coordinator Dan Martin at 314-531-3034 or martind@wustl.edu.

In the News

- The October issue of the journal ***CTS (Clinical and Translational Sciences)*** published a profile of the Washington University ICTS that was authored by Bradley A. Evanoff, MD, MPH, Linda B. Cottler, PhD, Rakesh Nagarajan, MD, PhD, Jane Garbutt, MD, and Kenneth S. Polonsky, MD. The profile includes an overview of how the ICTS was designed based upon a conceptual model of the phases in a clinical or translational research project and highlights two ICTS cores, the Center for Community-Based Research (CCBR) and the Center for Biomedial Informatics (CBMI). To link to the article via its abstract go to http://www3.interscience.wiley.com/journal/122664035/abstract. The ***CTS*** is the official journal for the Society for Clinical and Translational Medicine, of which Washington University is a founding institutional member.
- The national CTSA e-newsletter published an article in October about the first National Pre-Doctoral Conference hosted last May by the ICTS Clinical Research Training Center (CRTC). To read the article online go to http://www.ncrr.nih.gov/ctsa/newsletter/October2009/#article1. The WU ICTS CRTC will host the conference again next year on May 4-5, 2010.
- The November 2009 national CTSA newsletter can be found at http://www.ncrr.nih.gov/ctsa/newsletter/currentissue/. Also learn more about upcoming events, workshops, and intra-CTSA university initiatives at the CTSA website at http://www.ctsaweb.org/

CUHRP RFP ISSUED

Building Community/University Partnerships to Conduct Research on Health Care Issues that Matters to Our Community

Washington University, Saint Louis University and BJC HealthCare have partnered to establish and provide funding for research collaborations between community-based organizations in St. Louis city and county and faculty members at Washington University and Saint Louis University. This new St. Louis Community/University Health Research Partnerships (CUHRP) program will focus on health care problems of importance to the community with goals of improving health outcomes, reducing health disparities, and fostering long-term collaborations between universities and community-based organizations. This program will be coordinated by the St. Louis Regional Health Commission (RHC).

ELIGIBILITY CRITERIA

- Each research proposal must have at least two principal investigators (PIs): at least one from an established 501 (c) (3) community-based organization (CBO) in St. Louis city or county and at least one from Washington University and/or Saint Louis University.
- Research studies must focus on research into health problems of importance to the community as identified by broad and balanced input from the community-based organizations and sponsoring academic institutions.
- Research studies must propose innovative interventions and models of care that have the potential to improve the health of the community, include a plan to communicate research results to the community and, if successful, attract long-term funding.
- The academic and community-based partners must be co-creators of the study design and budget. Co-PIs from the academic and community-based partnerships should jointly oversee project implementation and analysis of the study results.

FUNDING

CUHRP will award up to $100,000 per project to proposals that investigate, analyze and publicly report findings on an existing health concern within the St. Louis community. A second year of funding, up to an additional $100,000, may be available for selected projects that demonstrate a successful model of collaboration throughout project implementation and develop a framework to produce important findings.

HOW TO APPLY

Applicants interested in applying to the 2009-2010 CUHRP funding program are encouraged to register agency/university contact information and research interests through the **Regional Health Commission website** at **http://www.stlrhc.org/**. For those interested in applying but who do not have partners, you may register your information on the website and note that you would like assistance in finding a partner. Detailed instructions and forms for the Letter of Intent and the application are also available on this website. Letters of Intent (LOI) are due by Friday, January 8, 2010. Partnerships with approved LOIs will be invited to submit full proposals.

KEY DATES

• Letter of Intent Due:	January 8, 2010 (by 5pm)
• Project Development Workshop for Approved Applicants	February 2010
• Proposals Due:	March 26, 2010 (by 5pm)
• Panel Review:	April and May 2010
• Anticipated Award Announcement:	June 2010
• Anticipated Award Start Date:	July 1, 2010

For more information contact Angela Fleming, Community Partnerships Director, Regional Health Commission at 314-446-6454 x1011 or **afleming@stlrhc.org** or visit the website at **http://www.stlrhc.org**.

Have You Met? The PCRU Team

Pictured from Left to Right are: Dr. Neil White, Lisa Smith, Shantay Brown, Linda Brueklander, Carolyn Weaver, and Libby Beach.

The Center for Applied Research Sciences (CARS) Pediatric Clinical Research Unit (PCRU) serves the needs of investigators who require support for outpatient studies that include children and adolescents. Patient-oriented research in children presents special challenges and requires a designated unit based in a child friendly environment. The PCRU is located on the 11th floor of St. Louis Children's Hospital and includes 6 examination/procedure rooms, a small multi-purpose office, a phlebotomy and sample processing area, an open procedure area, a nutrition area, and a nurse's station. The PCRU is led by Neil H. White, MD, CDE, Professor of Pediatrics in the Division of Pediatric Endocrinology and Diabetes. Dr. White directed the Pediatric Clinical Research Unit for 18 years under the General Clinical Research Center and has now managed its transition to the ICTS. His team includes: two nurses, Lisa Smith, RN, and Linda Breuklander, RN; a dietitian/nutritionist, Libby Beach, MS, RD, LD; a certified medical assistant, Shantay Brown, CMA; an administrative manager, Ann Bobbitt, who is retiring after 36 years; and an administrative coordinator, Carolyn Weaver. The team delivers services such as patient monitoring, EKGs, IV therapy, phlebotomy, sample processing, dietary/bionutrition support, research coordination, and other requested nursing services given training requirements.

"Serving children requires a team-approach to deliver basic treatments and to create an environment that ensures a child has a good experience," says Lisa Smith, who will finish studies for her BSN degree this December. "It is a wonderful job with a diversity of duties given the various studies we support," adds Linda Breuklander, who has worked with children as a clinical research nurse for over 37 years. Linda often visits with former patients who may be returning as adults when a study extends throughout their lifetime or because they are accompanying their own child who is participating in a study. Creating a warm, safe environment for the children and their families is part of the job for the PCRU team.

The PCRU is currently delivering services for 82 research studies. The study topics are wide-ranging, including asthma, diabetes, CA-MRSA, cystic fibrosis, cerebral palsy, fatty liver disease, genetic disorders, hearing loss, influenza, leukemia, kidney disease, obesity, spinal muscular atrophy, mental health, muscular dystrophy, sickle cell disease, and weight management.

The PCRU welcomes researchers to contact them to discuss if they can provide services for a study that may include children or adolescents. Services are partially or fully subsidized by the ICTS through the NIH Clinical and Translational Science Award. Researchers can link to the CARS/PCRU Study Application Form from the ICTS website at http://icts.wustl.edu/cores/pru.aspx/ or contact the PCRU at pcru@kids.wustl.edu or 314-286-0014 for more information.

Events & Announcements

November 10th (1:00–3:15 pm) CRTC Career Development Seminar Series, "*Career Path: From Models to Intervention and Back*" with Matthew H. Samore, MD, Professor, Division of Clinical Epidemiology, Dept of Internal Medicine, The University of Utah - School of Medicine. Hosted by the ICTS Clinical Research TRaining Center (CRTC). The presentation will highlight links between conceptual frameworks, methods, and hypothesis generation. Dr. Samore will contrast public health and clinical perspectives of translational, action-oriented research. For more information about the CRTC and its programs, visit: http://crtc.wustl.edu
Location: Wohl Auditorium (lower level of Wohl Hospital Building) WU Medical School Campus

November 10th (4:00–5:00 pm) "*Global Health Care Reform in Mid-Developed Countries,*" Naoki Ikegami, MD, PhD, Professor and Chair, Department of Health Policy and Management, Keio School of Medicine in Japan. Sponsored by the Institute for Public Health and Brown School of Social Work.
Location: Brown Lounge, WU Danforth Campus

November 10th (2:00 - 3:00 pm) and November 13th (3:30-4:30 pm) NIH Public Access Policy Presentations. Are you preparing a manuscript from your NIH-funded research? Are you preparing a grant application or submitting a grant report for NIH? If so, then you may be required to comply with the NIH Public Access Policy. This presentation will provide an overview of the NIH Public Access Policy including the steps involved in complying with the policy and how to demonstrate compliance, as well as recent updates to the Policy (effective August 21, 2009) Register online at https://aladdin.wustl.edu/medlib/Projecti.nsf/classcalendar
Locations: Nov. 10th -- Becker Library, Room 601A, WU Medical School Campus
Nov. 13th -- Olin Library, Level A, Arc Presentation Room, WU Danforth Campus

November 13th (11:30 am - 12:30 pm) "*Food Security, Environmental Protection, and Public Health,*" A Lecture About Transdisciplinary Science by Robert S. Lawrence, MD, Professor and Director, Center for a Livable Future, Johns Hopkins Bloomberg School of Public Health, Professor of Medicine, Johns Hopkins School of Medicine. Sponsored by the Institute for Public Health and Brown School of Social Work.
Location: Brown Lounge, WU Danforth Campus

Applications Now Accepted for Bear Cub Fund Grants

The Washington University's Bear Cub Fund is soliciting grant applications from University researchers who want to move inventions from their laboratories toward commercialization. The fund supports innovative translational research not normally backed by federal grants. Any WUSTL faculty member, post-doctoral fellow, graduate student or employee may apply.

Individual grants of $20,000 to $50,000 will be awarded in January. Applications are due November 13, 2009. The Bear Cub Fund was established in 2002 and is administered through the Office of Technology Management. Earlier this year, 5 Bear Cub grants totaling $150,000 were awarded to WUSTL scientists.

For more information about the grants or to download an application, visit http://otm.wustl.edu/bearcubfund/index.asp

Scopus: The Solution for Authors

Washington University Becker Medical Library is pleased to offer a lunch-and-learn workshop for authors, featuring Rebecca Brown from Scopus. Pizza and beverages will be provided, courtesy of Scopus.

Do you find yourself asking these questions?

- Who is citing my work?
- How is my research being used?
- How can I identify potential research collaborators?
- What metrics can I use to make my grant application more competitive?

DATE: Tuesday, December 1, 2009
TIME: Noon to 1:00 pm
LOCATION: Holden Auditorium, Farrell Learning and Teaching Center

Registration (http://tinyurl.com/ykzmagh) is not required but highly encouraged in order to ensure a seat, free pizza/refreshments, and your name added to a drawing for a free iPod plus other giveaways. Registration is limited to 75 attendees. For more information, see the Becker To Host Scopus Workshop webpage or contact Cathy Sarli at sarlic@wustl.edu.