Internal Medicine Research Track
Los Angeles Medical Center
Background
Founded in 1965, the Internal Medicine Categorical Residency Program offers an academic medical education within a tertiary care setting. The 554-bed medical center is the tertiary referral hospital for 4.5 million Kaiser Permanente Southern California members. As a major teaching hospital for UCLA, Kaiser Permanente offers an unparalleled diversity of patients spanning from primary care to complex tertiary cases. Our patient population reflects Southern California’s diversity.

Internal Medicine Research Track
The Research Track within the Internal Medicine Categorical Training Program founded in 2017, seeks to enhance the practice of evidence-based medicine by developing physicians who will design, execute, interpret, and implement impactful research and findings. Currently, the program offers one position per academic year.

The Program
At the beginning of internship, participants will engage in an interactive curriculum that will familiarize them with research design and relevant statistical methods. Additionally, they will receive instruction and guidance on seeking funding for their research and institutional review board approval. With the assistance of dedicated mentors, participants will apply lessons learned in the initial curriculum by implementing and completing all these phases of study planning by the end of their intern year.

In the second year, participants will engage in data collection and analysis under the tutelage of a faculty mentor. They will have the opportunity to present preliminary findings at the Los Angeles Medical Center’s Resident Research Week, which occurs at the end of the academic year.

In the third year, participants will complete data analysis, prepare a manuscript of their findings for submission to a peer-reviewed journal, and submit an abstract on their research to a national or regional conference.

Participants will share their experience and expertise with other categorical residents and have the opportunity for community outreach through a variety of different activities.

Curriculum
Participants will use up to two of their elective blocks, throughout the second and third years, as protected research time. In addition to the initial curriculum, there will be a longitudinal curriculum consisting of writing and presentation workshops, research roundtables, and dedicated journal club. Curriculum for the Research Track is both longitudinal and focused.

FOCUSED
During the first post-graduate year, participants will engage in a month-long intensive curriculum designed to help them understand important foundational principles of research, and apply them to their own study. Guided by full-time researchers, statisticians, and research clinicians, participants will engage in brief seminars on research topics, and solidify their understanding of that information using hypothetical case studies during workshops. Thereafter, participants will apply those principles to the planning of their own research studies.

A sample of the topics to be covered in the PGY-1 intensive curriculum:

- Meetings with faculty, advisors, and principal investigators
- Journal clubs
- Participating in seminars and workshops that focus on understanding, critiquing, and applying articles in the literature

In the second year, the longitudinal aspect will focus on biostatistics. Seminars and workshops will provide a deeper understanding of biostatistical methods and areas selected by the participant. Possible topics include:

- Sensitivity, specificity; false positives and negatives
- Positive and negative predictive value, Bayes theorem
- 2 x 2 contingency tables; prevalence and incidence
- Relative risks and odds ratios; attributable risk and attributable risk percentages
- Normal Distributions
- Binomials
- Statistical Significance and 95% confidence intervals
- T tests
- Chi squared tests
- Correlation (Pearson’s and Spearman’s methods)

EVIDENCE-BASED MEDICINE
This curriculum will occur as both part of the longitudinal and focused curriculums within the first post-graduate year. Participants will learn how to utilize, analyze, and assess data in published literature to answer clinical questions that would arise from daily medical practice.

A sample of the topics to be covered in the EBM curriculum:

- Introduction to Evidence-Based Medicine
- Formulating Clinical Questions
- Searching for Literature
- Screening and Selecting Relevant Studies
- Critical Appraisal of Individual Studies and Systematic Reviews

LONGITUDINAL
The longitudinal aspect allows participants to devote one afternoon monthly to research-related learning. During those afternoons, the participant will engage in the following activities:
• Basic Statistics Required to Understand and Interpret Study Findings

MONTHLY RESEARCH MEETINGS
Once a month, Internal Medicine-Research Track residents will meet various mentors for feedback, updates, and journal club. These afternoon sessions are protected time for track residents to work on their projects, obtain feedback from peers and mentors, and receive didactics on research methodology often specific to their projects. This meeting is held during the lunch hour and occasionally social hour on an alternating basis. A statistician and/or specialist on the topic will be present for the journal clubs which will allow residents to become comfortable with evaluating the medical literature while learning about new developments relevant to their field of interest.

Program Faculty

JOHN J. SIM, MD
Track Director
Area Research Chair, Los Angeles Medical Center • Medical Education: Rosalind Franklin University of Medicine and Science • Residency: Harbor UCLA Medical Center • Fellowship: Kaiser Permanente Los Angeles

Dr. Sim is a nephrologist at the Kaiser Permanente Los Angeles Medical Center. He is the LAMC research chair and has headed physician research development since 2012. His research interests are in complex hypertension, glomerulonephropathies, polycystic kidney disease, chronic kidney disease, and patient safety. He sees referral patients given his expertise in glomerulonephritis and polycystic kidney disease. His work focuses on the risk factors, associations, and comparative effectiveness of management strategies to develop and implement more effective and efficient treatment methods. His findings in hypertension, glomerulonephritis, and CKD have led to several changes in care models at KPSC.

CHENG-WEI HUANG, MD
Clinical Assistant Director • Medical Education: University of Vermont College of Medicine • Residency: Kaiser Permanente Los Angeles Medical Center

Dr. Cheng-Wei Huang is a graduate of the class of 2019 for the internal medicine residency program here at Kaiser Sunset. Following his graduation, he stayed on as an academic hospitalist to further pursue his interests in medical education and evidence-based medicine practices. He has participated in various research projects with a keen interest in research design. In his role as a clinical assistant director, he will serve as a clinical mentor for research track trainees.

DAVIDA BECKER, MS, PHD
Residency Research Director Education: MS, Harvard University School of Public Health • PhD, Johns Hopkins University, Bloomberg School of Public Health

Dr. Davida Becker is a public health researcher, with 15 years of experience conducting quantitative and qualitative research on public health issues. Dr. Becker has published widely on her research in peer-reviewed journals and has also presented her work at national and international conferences.

PAUL W. SALAMA, MD
Faculty
Medical School: Emory University School of Medicine • Residency: LAC + USC

Dr. Paul Salama serves as the Director of Quality Improvement for the Department of Medicine at the Olive View-UCLA Medical Center. In this role, he works to refine the Quality Improvement curriculum for the residency and to ensure that residents have the support and structure needed to complete their ACGME-mandated Quality Improvement project. Dr. Salama served as an academic hospitalist for eleven years at Kaiser Permanente Los Angeles Medical Center. While there, he founded and directed the Internal
for the hospital staff and residents annually and invite all his team conduct 100’s of literature searches and scoping reviews regional research, and Graduate Medical Education. Thomas and based practice for the hospital’s specialty programs, library sponsored workshops to support research and evidence course integrated instruction, orientation sessions, seminars, and institutes in California, Ohio and West Virginia. Thom provides experience working in various medical libraries and administration of all library activities. He brings over 30 years’

Thomas serves as the head of the medical library for KP Los Angeles service area and is responsible for the direction and the administration of all library activities. He brings over 30 years’ experience working in various medical libraries and research institutes in California, Ohio and West Virginia. Thom provides course integrated instruction, orientation sessions, seminars, and library sponsored workshops to support research and evidence-based practice for the hospital’s specialty programs, and for regional research, and Graduate Medical Education. Thomas and his team conduct 100’s of literature searches and scoping reviews for the hospital staff and residents annually and invite all researchers to use the library and its robust print & electronic resources.

**AMISHA GUPTA, MS, MPH**

Senior Consultant, Evidence-Based Medicine Services • Graduate Education: MPH, Health Policy, Harvard University • MA, Epidemiology, University of California, Los Angeles

Amisha Gupta, MS, MPH is a Senior Consultant within the Evidence-Based Medicine Services Unit within the Southern California Permanente Medical Group. In this role, Amisha conducts systematic reviews on the effectiveness and safety of medical devices and interventions. Amisha also works with clinical stakeholders to develop evidence-based guidelines, evaluate new medical technologies, and implement evidence-based best practice.

Amisha has a strong interest in systematic review methodology, meta-analysis, evidence grading systems, and integration of evidence-based practice into clinical systems. Amisha leads evidence-based workshops for KPSC physicians and research associates.

Since joining Kaiser Permanente in 2001, Amisha has conducted systematic reviews and medical technology assessments across multiple specialties and disciplines. Amisha also works closely with developers of Kaiser’s electronic health record (HealthConnect) to ensure that clinical practice is reflective of evidence-based best practice.

**THOMAS SHREVES, MLIS**

Manager, Library Services for LAMC & West LA Medical Centers Education: BS, Geography, Marshall University • MLIS, Library & Information Science, San José State University

Dr. Kulkarni is currently a staff oncologist-hematologist with the Department of Hematology-Oncology at Kaiser Sunset. Dr. Kulkarni’s research interests include rare manifestations of leukemia and lymphoma. He is also interested in and currently studying graft versus host disease and methods to characterize severity of disease practice.

**SAMEER KULKARNI, MD**

Clinical Faculty • Education: BA in Molecular and Cell Biology/Biochemistry from the University of California, Berkeley • MD Albert Einstein College of Medicine • Internal Medicine Residency: Ronald Reagan Medical Center at University of California, Los Angeles • Hematology-Oncology Fellowship: Olive View — UCLA/Cedars-Sinai/Kaiser Permanente Medical Centers

Dr. Adams is an epidemiologist with a special interest in injury epidemiology. She currently works in the area of osteoporosis, bone health, and injuries in older adults. Much of her work has focused on pharmacologic influences on bone health, with an emphasis on bisphosphonate medications and atypical femoral fractures. She also provides epidemiologic consultations with clinician researchers and guides new researchers in navigating research processes including formation of a research question, study design, proposal development, and IRB submission. Also provides consultation and coaching regarding abstract, report, and manuscript writing.

**ANNETTE L. ADAMS, PhD, MPH**

Research Scientist, Division of Epidemiologic Research, Department of Research & Evaluation

Education: MPH, Epidemiology/Biostatistics, Oregon Health & Sciences University • PhD, Epidemiology, University of Washington

Dr. Kulkarni’s research interests include rare manifestations of leukemia and lymphoma. He is also interested in and currently studying graft versus host disease and methods to characterize severity of disease practice.

**Research Mentors**

To further enhance skills and foster research interests, the program partners with Kaiser Permanente’s Research and Evaluation Department and the Evidence-Based Medicine (EBM) Services unit to offer various avenues of mentorship.
Dr. Gould is an integral part of the KP School of Medicine research program in curriculum development, teaching, and mentoring. His research focuses on the tools of meta-analysis, decision analysis, cost-effectiveness analysis and large database analysis to examine multiple dimensions of health care quality (including safety, effectiveness, efficiency, equity and timeliness of care) for patients with lung cancer, venous thromboembolism and respiratory disease. His other interests include the development and implementation of clinical practice guidelines, and the use of computerized decision support systems to improve the quality of care. Dr. Gould has published over 175 original research articles, book chapters and reports, and his research has been supported by the Department of Veterans Affairs, the National Cancer Institute, and the Patient-Centered Outcomes Research Institute.

Ms. Ironside is a Social Science and Public Health Researcher with 10 years of varied professional experience in academic research. She has worked on NIH funded behavioral intervention studies with cocaine addicts at the University of Vermont and coordinated multiple government funded randomized controlled trials at Northeastern University investigating the occupational health of construction workers. She has experience leading academic research teams through multiple aspects of research from study ideation and protocol design to subject recruitment, data collection, and has mentored both undergraduates and doctoral students in the past.

Dr. Towner is interested in the development and execution of pragmatic clinical trials that seek to answer how to best deliver care for a multitude of chronic disease conditions. His current clinical trial research focuses on infectious diseases, particularly HIV and Hepatitis C. He also conducts outcomes research in infectious disease.

Dr. Sharp is an emergency physician health services researcher with specific interests in implementation science and acute care coordination. Specifically related to implementation research, he is interested in identifying gaps between best and current practices for common acute conditions and evaluating intervention strategies intended to facilitate best practices. Dr. Sharp is also interested in evaluating and optimizing the role of the Emergency Department in facilitating efficient inpatient and outpatient acute medical care.

Dr. Shi is the biostatistician lead for the Regional Research Statistical Support (R2S2) team, which supports research scientists, clinician researchers, biostatisticians, analytical programmers, database specialists and more.
research projects conducted by physicians and others at Kaiser Permanente Southern California. Dr. Shi’s research at Kaiser Permanente has been specialized in breast cancer, renal disease and hypertension. His focus on methodology work includes multiple comparisons, competing risks, model misspecifications, and nonparametric applications in data mining.

**ANNY HUI XIANG, PHD, MS**
Director of Biostatistics Research Research & Evaluation • Other Affiliation: Adjunct Research Associate Professor, Department of Preventive Medicine, USC, Keck School of Medicine, Los Angeles, California • Education: PhD, Biostatistics, University of Southern California, Los Angeles, California • MS, Biostatistics, University of Southern California, Los Angeles, California • MS, Biomedical Engineering, Shanghai Medical University, Shanghai, China • BS, Biomedical Engineering, Shanghai Medical University, Shanghai, China

Dr. Anny Xiang is an investigator and applied biostatistician who uses statistical methodologies to understand disease development and to conduct clinical trials in disease prevention and intervention. Her focus has been on diabetes, gestational diabetes, obesity, women’s health, racial and ethnic disparities as well as impact of diabetic exposure on offspring. Additional research interests include methodological investigation of biostatistical questions arising from clinical studies; design and conduct of clinical trials to assess treatment and intervention efficacy/safety and effectiveness; collaborative investigations of etiology, biology, and risk factors for disease development.

**Evidence-Based Medicine (EBM) Services Unit**
Using the best available evidence to inform clinical practice is a key principle of Permanente Medicine. Kaiser Permanente Southern California’s Evidence-Based Medicine (EBM) Services Unit supports the Southern California Permanente Medical Group (SCPMG) by conducting evidence reviews to inform the development of clinical practice guidelines, evaluate new and existing medical technologies, and promote the systematic uptake of proven clinical practices and health system interventions to improve the effectiveness, safety, timeliness and efficiency of clinical care. Its staff of highly trained evidence specialists has expertise in epidemiology, biostatistics, research methods, systematic evidence reviews, critical appraisal of scientific studies, and translation of high-quality evidence to improve clinical quality.

**MARGUERITE A. KOSTER, MA, MFT**
Senior Manager, Evidence-Based Medicine Services • Graduate Education: MA, Sociology, University of Southern California • MFT, Clinical Marital and Family Therapy, University of Southern California

For the past 20 years, Ms. Koster has been actively involved in the advancement of evidence-based medicine and methodology standards for guideline development and technology assessment at Kaiser Permanente’s national and regional levels, and she has a long history of collaboration with other healthcare organizations, medical and professional societies, systematic reviewers, accreditation bodies and public policy groups. She was a member of the Institute of Medicine’s (IOM) Committee on Standards for Systematic Reviews of Comparative Effectiveness Research which published the report, *Finding What Works in Health Care: Standards for Systematic Reviews*, and a reviewer of the IOM Report, *Clinical Practice Guidelines We Can Trust*. 

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**Graduate Medical Education Publications**
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Visit residency-scal-kaiserpermanente.org to learn more about Kaiser Permanente, salary/benefits, electives, and how to apply.