

# The Bayview General Clinical Research Center

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## INSIDE THIS ISSUE

- ⇒ An Update from the Program Director
- ⇒ A Farewell to Dr. Matthew Tayback
- ⇒ GCRC Makeover
- ⇒ New GAC Approved Protocols
- ⇒ *In Focus*
  - ◆ Inside the Bionutrition Core
  - ◆ About the Exercise Physiology Core
- ⇒ Note from the Editor
- ⇒ Staff Transitions
- ⇒ Kudos!
- ⇒ Important Dates and Resources for Investigators

## An Update from the Program Director: Pamela Ouyang, M.D.

Although the GCRC and the Johns Hopkins community were deeply saddened by the passing of Dr. Matthew Tayback in September 2004 (see below), over the last six months, major changes have occurred to our facility and our services.

We have just completed a major renovation to our entire clinical, nursing, and administrative spaces. Our re-opening was February 1, and on schedule. For pictures of the construction progress and new unit, see Page two. These

changes, both aesthetic and functional, will provide investigators and subjects an improved and efficient environment for the conduct of research protocols.

The JHBMC and SOM have supported the renovation and expansion of the unit to allow the addition of adjacent space for the DEXA machine, cardiovascular imaging and exercise and strength testing resources. Look for an announcement in the near future for an Open House to see our renovated spaces.

We welcome Dr. Nae-Yuh Wang who joins us as the Biostatistics Core Director (see his introduction on Page three). His expertise will be a great resource for investigators.

Of importance to those investigators currently utilizing any GCRC services, we will soon release WebARP, which investigators can use to input information required for the GCRC's Annual Report. A new feature in WebARP will utilize the investigator's JHED login ID and password. Check the GCRC website for new updates.

## In Memoriam: Dr. Tayback (1919-2004)

Matthew Tayback was a biostatistician and an internationally respected and recognized expert in international health, health policy and management. In September of 2004, he passed away after a long battle with cancer. Dr. Tayback led an extraordinary life, filled with many laudable accomplishments.

He earned an undergraduate degree in mathematics from Harvard University and a Master's in Biostatistics from Columbia University. After serving in World War II, he moved to Baltimore and earned his doctorate from the currently named Johns Hopkins Bloomberg School of Public Health. He later joined the faculty of Johns Hopkins University School of Medicine and Bloomberg School of Public Health. His work has encompassed many public health issues including infant mortality, teen pregnancy, tobacco risks and care for the elderly.

Dr. Tayback served as Deputy City Health Commissioner from 1954 until becoming an Assistant State Health Secretary in 1969. In 1973 former Governor Marvin Mandel named him as

the first Director of the Maryland Office on Aging.

Dr. Tayback's work extended far beyond Johns Hopkins and Baltimore. Recently he was working as

a consultant to the government in Taiwan and was evaluating the nutritional status of Palestinians in Gaza as a member of the Johns Hopkins Center for International Emergency Disaster and Relief Studies.

In 1993 he became the biostatistician at the Johns Hopkins Bayview Medical Center's General Clinical Research Center.

He was an exceptional teacher and mentor to students at the School of Public Health and to researchers at the School of Medicine.



Dr. Tayback receiving the 2002 Maryland Senior Citizens Hall of Fame Award.

## GCRC Extreme Makeover!

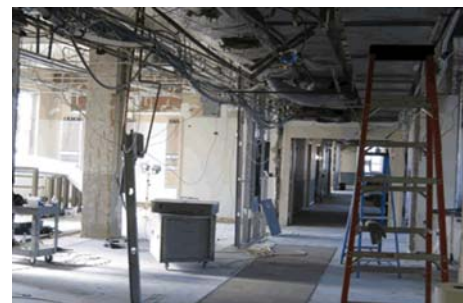
From the late Fall of 2004 until February 1, 2005, the Bayview GCRC has been undergoing a transformation. The release of this newsletter heralds the Grand Re-Opening of the unit. The pictures below show the dramatic changes from construction to our remodeled facility. Check our website for an announcement about our upcoming Open House!



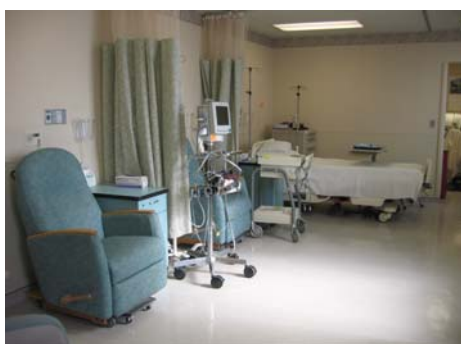
The Outpatient Clinic "OPD"



The Reception Area



Reception, Hallway, and Reception Lounge



## New Protocols Recently Approved by GAC 2004-2005

Franklin Adkinson, MD	Lung Changes in Young Adults with Moderate to Severe Asthma-HRCT Scans, Methacholine Challenges, & EBC/IS Studies
Franklin Adkinson, MD	Effect of Salicylate on the Allergic Phenotype
Richard Allen, Ph.D.	Relations between Urine and Serum Measures of Iron Status
Ross Andersen, MD	Bio-impedance to Assess Hydration
Sydney Dy, MD	Spiritual Well-Being and Depression in Heart Failure
Christopher Early, MD	Supplemental Intravenous Iron Therapy for RLS
Robert Edwards, Ph.D.	Pain Responses and the Immune System in Rheumatoid Arthritis
Robert Edwards, Ph.D.	Pain and Social Functioning in Rheumatoid Arthritis
Stuart Russell, MD	H-F-Action for Heart Failure and a Controlled Trial Investigating Outcomes of Exercise Training
Michael Smith, Ph.D.	Sleep Disturbance and Pain Sensitivity in Chronic Pain
John Stone, MD	Rituximab and Prednisone Therapy Compared to Cyclophosphamide and Prednisone Therapy for the Induction of Remission and Tolerance in ANCA-Associated Vasculitis (RAVE)

*As a reminder, please acknowledge the GCRC grant in publications resulting from support received from the GCRC: General Clinical Research Center, Grant Number M01-RR-02719 and provide a copy of each publication to our GCRC Office.*

## About the Bio-Nutrition Core

Over the course of the past two decades, scientific advances have propelled nutrition and dietetics to the forefront of the human research arena. The confluence of knowledge from advances in such diverse fields as molecular biology, geriatrics, genetics, immunology, oncology and phytochemistry has made it clear that nutrition plays an instrumental role in health and disease.

Bionutrition's participation in research protocols ranges from instructing research subjects in keeping accurate food records, processing nutrition study data, to custom designing micronutrient-

controlled diets that temper specific hormonal responses in subjects.

The Bionutrition Core is building bridges to work collaboratively with other departments at Johns Hopkins. We mentor student research for Clinical Nutrition's dietetic interns and work in tandem with the Johns Hopkins Hospital's GCRC in sharing precepting duties for nutrition interns' research rotations. Nutrition education is also a Core activity. We conduct nutrition in-services, and lecture in the GCRC's Introduction to Clinical Research course with a session entitled "Bionutrition and the Art of

Capturing Elusive Nutrient Data."

The Bionutrition Core participates in a variety of investigations including research in osteoarthritis, exercise and weight loss interventions, diet therapy for cardiac revascularization and improved glycemic control, and endocrine regulation of normal phosphate homeostasis.

We are developing projects targeting antioxidants and CAD, obesity, and emotional eating behavior. To learn more about the Bionutrition Core and our services, visit our website at <https://gcr.jhbmc.jhu.edu/bionutrition.html> or contact **Peggy Wroblewski, MPH, RD at 550-1768.**

## Inside the Exercise Physiology Core

This core is a unique resource for exercise and body composition related clinical research protocols for the entire Johns Hopkins scientific community, as there is no comparable core at Hopkins. The primary exercise services include exercise training, exercise testing for aerobic and muscle strength and endurance, assessment of functional capacity and activities of daily living, and measurement of habitual physical activity.

The main exercise testing laboratory has a state-of-the-art metabolic system that allows us to perform cardiovascular metabolic stress tests with full 12-lead ECG monitoring and recording and has pulmonary assessment capabilities. Exercise tests are performed on a treadmill or

cycle ergometer, depending on the needs of the protocol.

Muscle strength testing can be done using several methods including weight machines, hand weights, and other resistance devices. The laboratory recently acquired an isokinetic BioDex system, which can measure muscle strength and power output at difference speeds of joint and limb movement through a range of motion.

Body composition studies are done using a Lunar Prodigy Vision DEXA scanner. This equipment analyzes bone mineral density, lean tissue, fat tissue, and bone mass in various regions of the body, as well as whole body measurement.

Also available are anthropometric assessment such as weight, height, circumferences,

and skin folds.

The exercise training facility is equipped with treadmill, cycles, and weight lifting equipment for those protocols that wish to use exercise training as an intervention. ECG monitoring is available for protocols with high-risk patients.

The GCRC also maintains a satellite exercise and body composition at Johns Hopkins at Greenspring. Services provided at Timonium include exercise stress tests, anthropometrics, bioimpedance analysis for body composition, muscle strength testing, supervision of exercise training, development of exercise prescriptions, teaching exercise and other educational classes for research protocols. If you have a protocol that could use any of these services, contact **Dr. Kerry Stewart at 410-550-0870.**

## Introducing the Bayview GCRC's Biostatistician: Dr. Nae-Yuh Wang

*Note: Dr. Wang started with the Bayview GCRC after the sudden death of Dr. Tayback. He quickly agreed to review the statistical design of studies coming up for GAC approval. Thanks to Dr. Wang, the review and approval flow remained virtually seamless.*

Nae-Yuh Wang, Ph.D., officially joined the Bayview GCRC as the Director of the Biostatistics Core in October 2004. Originally from Taiwan, he earned his doctorate in Bio-

statistics from JHU's Bloomberg School of Public Health. He became Assistant Professor of Medicine in 2001, and joined the Welch Center for Prevention, Epidemiology, and Clinical Research as a part of the Core Faculty in 2002.

Dr. Wang says, "I am interested in analytic methods applicable to longitudinal cohort studies and clinical trials, and the application of these methods to epidemiologic and clinical research. Also, I am

interested in sorting out the risk of disease associated with exposures at different stages of adult life using appropriate analytic methods, and the methodological issues related to complex survey data and data with missing values."

In future Newsletters, Dr. Wang will offer his insights on biostatistics, ranging from protocol design to sample-size considerations to final data analysis. Contact **Dr. Wang at 410-550-1250** for details.

## A Note from the Editor

I was struck with a profound sense of loss and sadness when I learned of Dr. Tayback's passing. This newsletter was a project of his for which he had long hoped to come to fruition. The previous edition, our inaugural issue, became the realization of Dr. Tayback's desire to provide information and promote the services of the Bayview GCRC for researchers and the Johns Hopkins medical community. For me, it was my first and, sadly, only collaboration with Dr. Tayback. However, after my first week in the GCRC as the new, if somewhat bemused RSA, he made me feel instantly welcome and part of the team. We fast developed a working relationship out of which this newsletter product emerged. This issue and all subsequent newsletters will serve as tributes to Dr. Tayback's contributions and his legacy. He will be most sorely missed.

## Staff Transitions

**Mary Kay Willing, RN, BSN:** Mary joined the GCRC as the new interim Patient Care Manager on August 16, 2004. She comes to the GCRC with over 30 years of nursing experience, nearly 10 years of which was in research at the BPRU and Clinical Studies Program. Mary also served as Adjunct Faculty at Harford Community College, with special certification in Psychiatric and Mental Health Nursing.

**Nae-Yuh Wang, Ph.D.:** See Page 3 inside for Dr. Wang's introduction.

**Linda Weinberg, RN, MSN:** In August 2004, Linda was appointed Nurse Educator/Clinical Nurse Specialist for Medical Surgery at Harbor Hospital in Baltimore. She was the GCRC's Nurse Manager and Clinical Nurse Specialist since 1997.

**Congratulations also for David B. Hellmann, M.D.,** Chairman of the JHBMC GCRC Advisory Council (GAC), has received two of the highest awards given by the American College of Physicians (ACP). First, Dr. Hellmann was named *Master of the College*, for his contributions to medical science and the art of medicine. Second, he received ACP's Maryland chapter *Theodore E. Woodward Award for Medical Education and Research*, acknowledging his outstanding contributions as a teacher of medical students, residents, fellows, and faculty at Johns Hopkins and across Maryland.

## Kudos!

**Dr. Pamela Ouyang,** Program Director of the Johns Hopkins Bayview Medical Center GCRC, was promoted to Professor of Medicine at the Johns Hopkins School of Medicine in January, 2005. Dr. Ouyang joined the faculty of Johns Hopkins in 1981, reaching Associate Professor in 1991 in the Department of Medicine, Division of Cardiology. She became the GCRC Program Director in 2001, and during her tenure at JHU and the GCRC has been active in sponsored and federally funded research in diseases of the heart and circulatory system. Moreover, in these areas, she has published prodigiously. Dr. Ouyang has implemented many successful initiatives that have allowed the GCRC at Bayview to sustain its funding over the last competitive renewal cycle.

## Important Dates and Upcoming Events

**March 1:** Protocol submission deadline for GCRC utilization review.

**March 15:** Early registration for the National GCRC meeting.

**March 18\*:** GCRC Advisory Council Meeting for Protocol Approval.

**April 5:** Protocol submission deadline for GCRC utilization review.

**April 15\*:** GCRC Advisory Council Meeting for Protocol Approval.

**April 27-30:** National GCRC Meeting in Washington, DC. Information available at <https://www.mpi-evv.com/GCRC2005/Frame.htm>

**May 3:** Protocol submission deadline for GCRC utilization review.

**May 20\*:** GCRC Advisory Council Meeting for Protocol Approval.

**June 7:** Protocol submission deadline for GCRC utilization review.

**June 17\*:** GCRC Advisory Council Meeting for Protocol Approval.

**July 5:** Protocol submission deadline for GCRC utilization review.

**July 15\*:** GCRC Advisory Council Meeting for Protocol Approval.

\*All GAC meetings are in the Department of Medicine Conference Room or the Pavilion Conference Room, A Building.

GAC review is approximately 6 weeks after the protocol submission deadline.

Check the JHBMC GCRC website for further details on the application process and time tables.

## Kudos II!

**Dr. Kerry Stewart,** was promoted to Professor of Medicine at the Johns Hopkins School of Medicine in October 2004. He was an Associate Professor of Medicine since 1993. On the GCRC, he is director of the Exercise and Body Composition and the Informatics Cores. The *Exercise and Body Composition Core* serves the entire Hopkins scientific community and was among the first of such NIH programs to exist nationwide. As the Director of the Informatics Core, Dr. Stewart and his staff consult with investigators to develop and carry out state-of-the-art data management plans for their studies. He is also the Director of Clinical Exercise Physiology in the Division of Cardiology, which encompasses cardiac rehabilitation, clinical exercise physiology, and cardiovascular health promotion programs.

This newsletter is published semi-annually.  
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### Helpful Web Resources for Investigators:

<http://gcrc.jhbmc.jhu.edu/index.cfm>

<http://irb.jhmi.edu/Guidelines/>

<http://www.ncrr.nih.gov/>

<http://www.os.dhhs.gov/>

<http://ohrp.osophs.dhhs.gov/>