Henry Ford Health System

SYNAPSE
Neurosurgery

RESIDENT'S CORNER
SYNAPSE — FALL 2016
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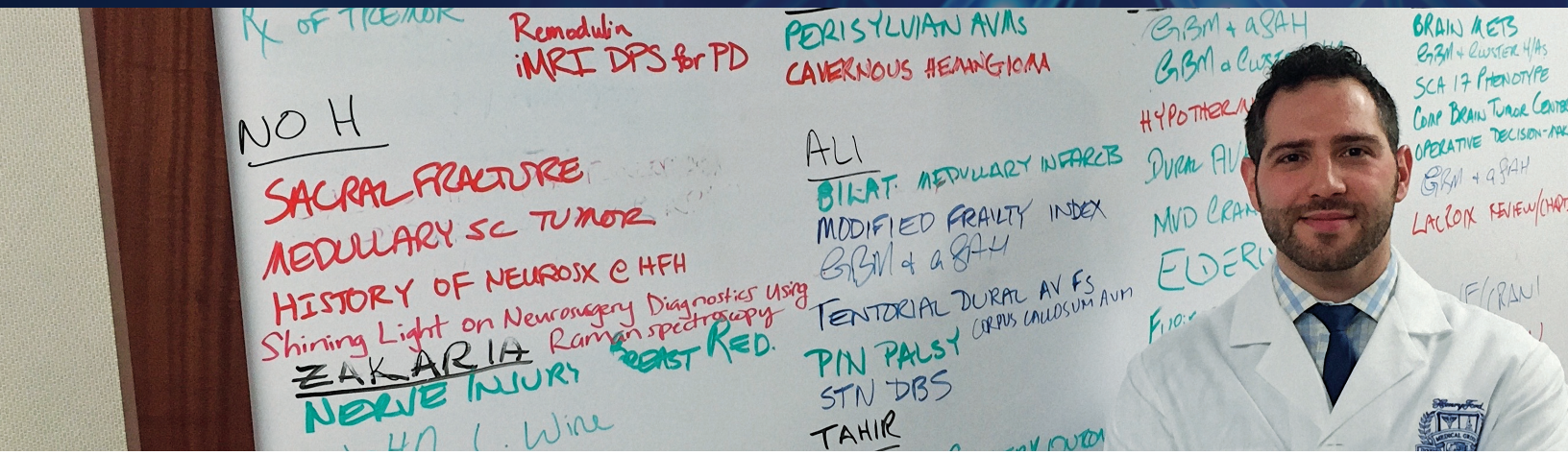

Dr. Richard A. Rammo is a senior neurological surgery resident at Henry Ford Hospital. He obtained his undergraduate degree in neurobiology at the University of Miami, where he also continued his training to attain his medical doctorate. He is a member of AANS and CNS. His clinical research interests include intractable epilepsy, deep brain stimulation, meningiomas and brain metastases. He is currently interested in pursuing a fellowship in functional/stereotactic neurosurgery and epilepsy. Here, he describes his personal experience with carrying out research as an integral part of the neurosurgical training program at Henry Ford.

At the beginning of my residency, like many others in a surgical program, I was focused solely on finessing my technical skills in the operating room. My first year as an intern was spent moving from rotation to rotation, with no attempt to pursue a research project. After having several projects in undergrad and medical school that proved fruitless following months and sometimes years of dedication, I was hesitant in committing to a single venture. With the beginning of my second year, a schedule that was already hectic became even more so, and the idea of publishing was a distant thought left for my fifth year.

This coincided with the arrival of Dr. Walters, who was integrated into the program to assist with resident research education. Her efforts focused on unbridling the residents' hidden research potential. Each time I met with Dr. Walters we would review the same two projects that had made no gains. This continued for a year, until finally in October of my third year there came an intervention. While in Cincinnati on a pediatrics rotation, I had a conference meeting with both Dr. Walters and Dr. Mo Alsaidi (my chief at the time). The clock had run out, and there were no more excuses for my lack of productivity.

It was out of that conversation that Dr. Alsaidi brought me into his epilepsy project and, with Dr. Walters' guidance, my interest in research was rekindled. Within two weeks I had submitted an abstract to the AANS meeting. Feeling energized I began working with Dr. Rock on a case report. Unfortunately, I stalled out again and could not make headway.

During my next meeting with Dr. Walters, we discussed barriers to advancement, including poor time management and writing workflow. This, along with a push from another co-resident, Dr. Aqueel Pabaney, changed my mindset and approach. Within several months, my contributions grew from one written manuscript to six.

Furthermore, I learned the value of collaborating with my fellow residents in a writing group, and in that group I learned how to allocate each author's strength to a different aspect of the paper.

With mentoring from Dr. Walters, senior staff and my co-residents, I have been able to appreciate research in a clinical setting, an area that I was not even aware of at the beginning of residency. The knowledge and fulfillment from publishing and advancing the field of neurosurgery has proven equal to that of operating, a skill that I continue to improve on daily.

DR. RAMMO'S PUBLICATIONS

Published research papers include:

DeFazio MV, Rammo RA, Robles JR, Bramlett HM, Dietrich WD, Bullock MR. The potential utility of blood-derived biochemical markers as indicators of early clinical trends following severe traumatic brain injury. World Neurosurg. 2014 Jan;81(1):151-158. PMID: 23313262.

Rammo R, Rock A, Transou A, Raghunathan A, Rock J. Anaplastic meningioma: Octreotide therapy for a case of recurrent and progressive intracranial disease. J Neurosurg. 2016 Feb;124(2):496-500. PMID: 26274993.

Rammo RA, Greiner HM, Trout AT, Leach JL, Rozhkov L, Fumiwara H, Rose DF, Mangano FT. False lateralization of pre-surgical work-up in a child with a cortical cavernous malformation and intractable epilepsy. (Scheduled for publication in 2016 in the *Journal of Neurosurgical Sciences*.)