The UNC SOM Holderness Distinguished Scholars Program:
More than a Journal Club

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Background

• “Evidence-Based Medicine”
  » Published in JAMA in 1992 (Guyatt and EBM Working Group)

• McMaster University (Bennett et al., 1987)
  » Medical Students
    • Experimental group scores 176% higher
    • Control scores 15% lower

  » Residents
    • Experimental 30% higher
    • Control 18% lower
Background

• Meta-analysis (Norman and Shannon, 1998)
  » Medical Students mean gain of 17%
  » Residents mean gain of 1.3%

• Journal Clubs in Residency Programs:
  » Emergency Medicine (Kuhn et al., 2005)
  » Orthopedic Surgery (Dirschl et al., 2003)
  » Family Medicine (Heiligman, 1991)
  » Internal Medicine (Linzer et al, 1988, and many others)
Program History

• Distinguished Medical Scholars Program began in 1990.
• Now supported by an existing endowed scholarship from the family of Howard Holderness Sr.
• Accepts 5 students/year.

Photo from UNC SOM website

Photo from NC Business Hall of Fame
The goal of the program is to produce:

- **Thoughtful Clinicians**
  - Connecting literature to practice
  - Considering all facets of care
- **Independent Researchers**
  - Designing and carrying out projects
  - Understanding how data are made
- **Rigorous Scholars**
  - Active participants in the science of medicine
Program Design

• Selection in spring of 3rd year

• Students design and carry out independent research project during leave of absence year

• Seminars take place during the research year and during the normal 4th year curriculum
Past Seminar Topics

• “ASA for primary prevention of cardiovascular disease and death”

• “Primary prevention of osteoporotic fractures”

• “Reducing re-admissions to hospitals; how effective are our interventions”

• “Bariatric surgery: where does it fit in the war on diabetes, weight gain, hypertension, and sleep apnea?”
Past Student Projects

• “Is nrf2 a Therapeutic Target in Sepsis and Post Burn Injury Immune Modulation and Metabolic Stress?”

• “Access to Medicines Among Adults with HIV Who Have Had Breaks in Converage”

• “The Promise and Peril of Genomic Screening of Healthy People”

• “Development of a Functional Osteochondral Replacement Graft: 3-D Tissue Engineering and Biomimetic Stem Cell Guidance”
Are we making a difference?
Quotables!

• “The Holderness program added more to my medical knowledge than I could have imagined.”

• “Significantly improved my foundation of epidemiology and statistics.”

• “Now, I'm not simply reading a journal article's abstract but actually looking through the methods and results to determine the validity of the study.”

• “Provided me with the skills necessary to be an active, critical reader of medical literature.”

• “I am entering residency with a skill set that will allow me better able to take advantage of the opportunities my training will present and will ultimately make me a better clinician.”
Questions?