

# Intern PIP Expectations and Examples

Alyna Chien, MD MS

Josh Robinson, MD

Julie Bubeck-Wardenburg, MD PhD

University of Chicago – Pediatric Residency  
Program

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# Slide #1

- State your main project idea in the form of a question
  - This is to practice the process of focusing your idea(s) / objective(s)
  - It will also help narrow your project scope later
  - Note: it is OK if you change your project later

# Slide #2

- Outline what you've been able to accomplish this year
  - Whom you've talked to
    - If decided, who your main faculty mentor is
  - What's in the literature
    - It is fine if your search is confined to the review literature at this point
  - What's available to you data/resource-wise
    - What will you have to collect
    - What is already available via your faculty mentor

## 4 Tips



1. Pick a topic that truly fascinates you. The primary goal of the project curriculum is to provide a framework for you to explore your career interests.
2. Be as specific as you can about what your intervention/exposure and outcome of interest is
3. Remember to consider confounding factors, i.e. variables that are not on the causal pathway but are related both to the exposure and to the outcome of interest
4. Identify the study designs that could address the question that you pose

# Example 1

*A budding idea*





# Are asthma and obesity related?

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Background:

- There has been a rise in both asthma and obesity.
- Is this real? Obesity can make someone feel dyspneic, so maybe its just overdiagnosed. Or asthma can restrict activity and thereby contribute to obesity.

# Is asthma related to obesity or vice versa?


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- **Study goal:** either obese patients are more likely to be diagnosed with asthma, or asthmatics are more likely to be obese
- **Study design:** cross-sectional comparison of obese/non-obese or asthmatic/non-asthmatic
- **Faculty mentor(s):** Gen Peds, Pulm or Allergy faculty

## **Example 2**

***A more blossomed idea***





# How are steroid 'bursts' related to the development of obesity in asthmatics?

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## Background:

- Obesity has been linked causally to the development of asthma, but few have investigated the role of asthma treatment in the development or progression of obesity.
- Steroid treatment might promote or exacerbate obesity because it stimulates the appetite and has been associated with truncal obesity at higher doses.

# How are steroid 'bursts' related to the development of obesity in asthmatics?

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- **Study goal:** evaluate the role corticosteroid bursts play in the development/progression of obesity
- **Main outcome measure:** BMI beginning and ending 1 year
- **Main exposure measures:** reported corticosteroid 'bursts' over that 1 year period
- **Study design:** fixed prospective cohort
- **Faculty mentor(s):** again Gen Peds or Pulm faculty