

Internal Medicine Residency Program

Getting (Scholarly) Stuff Done!

Tyler Maggio, MD

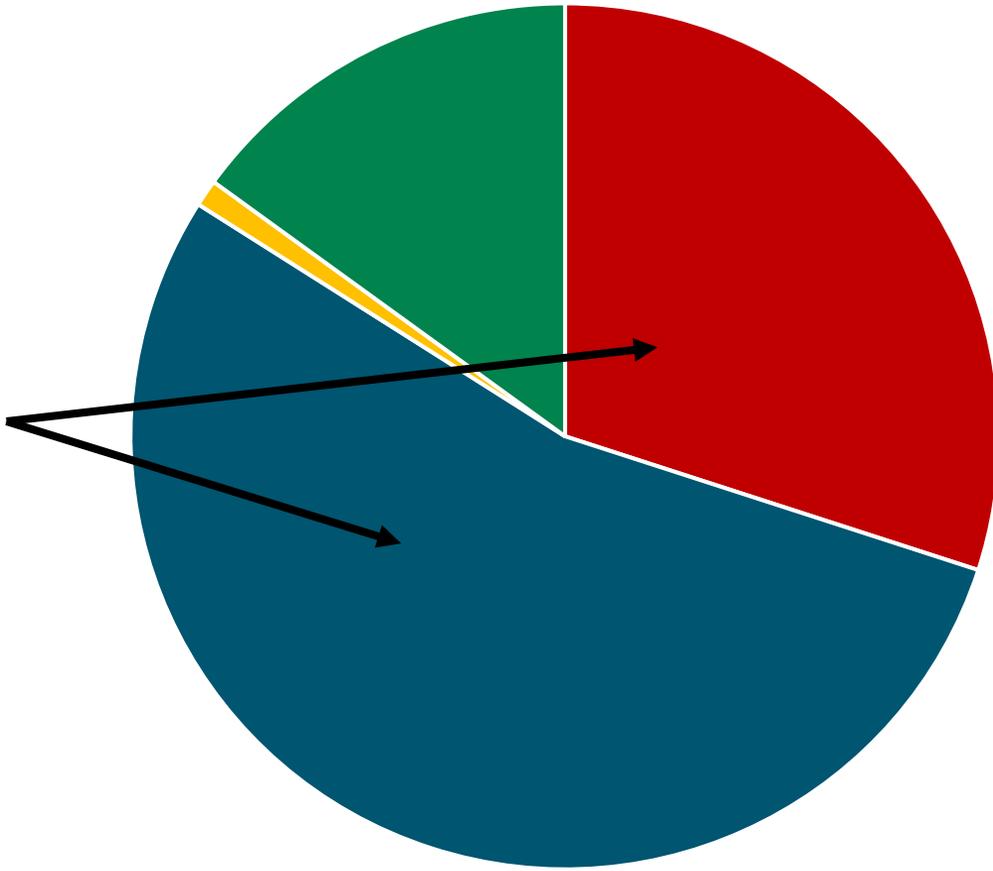
Brian Gehlbach, MD

10/21/2025

Reasons why residents do research

***obviously not real data – personal perception of this

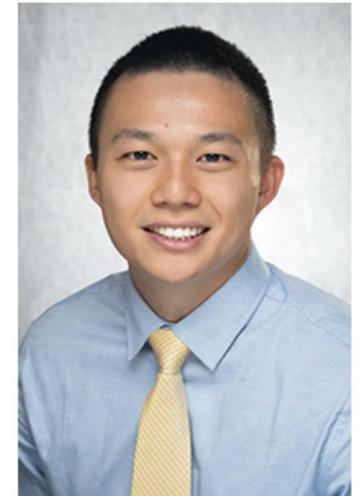
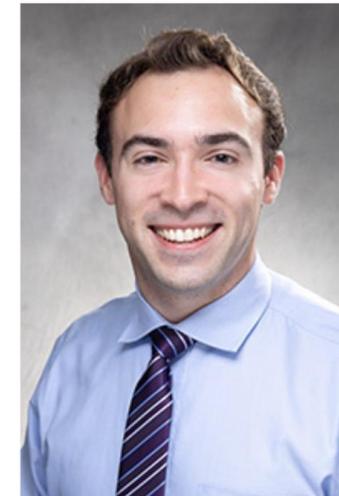
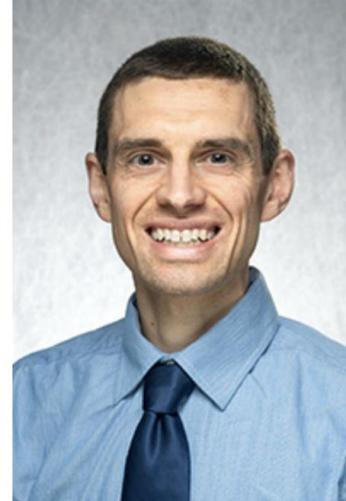
We are *mostly* targeting these residents...but hopefully there's something for everyone here



- because the project or mentor is interesting
- because their desired fellowship "recommends it"
- because they aren't busy enough in residency
- because they plan to be life-long researchers

If you are interested in becoming a Physician Scientist:

- PTSP
 - Streamline postgraduate training (2 year residency in IM → fellowship at UIHC)
- StARR
 - Stimulating Access to Research during Residency (StARR)
 - 1 year built into residency
 - Reach out to Dr. Stoltz



Why Be Scholarly?



Practice evidence-based medicine
Deepen knowledge of specialty



Nurture your passion
Explore a career path

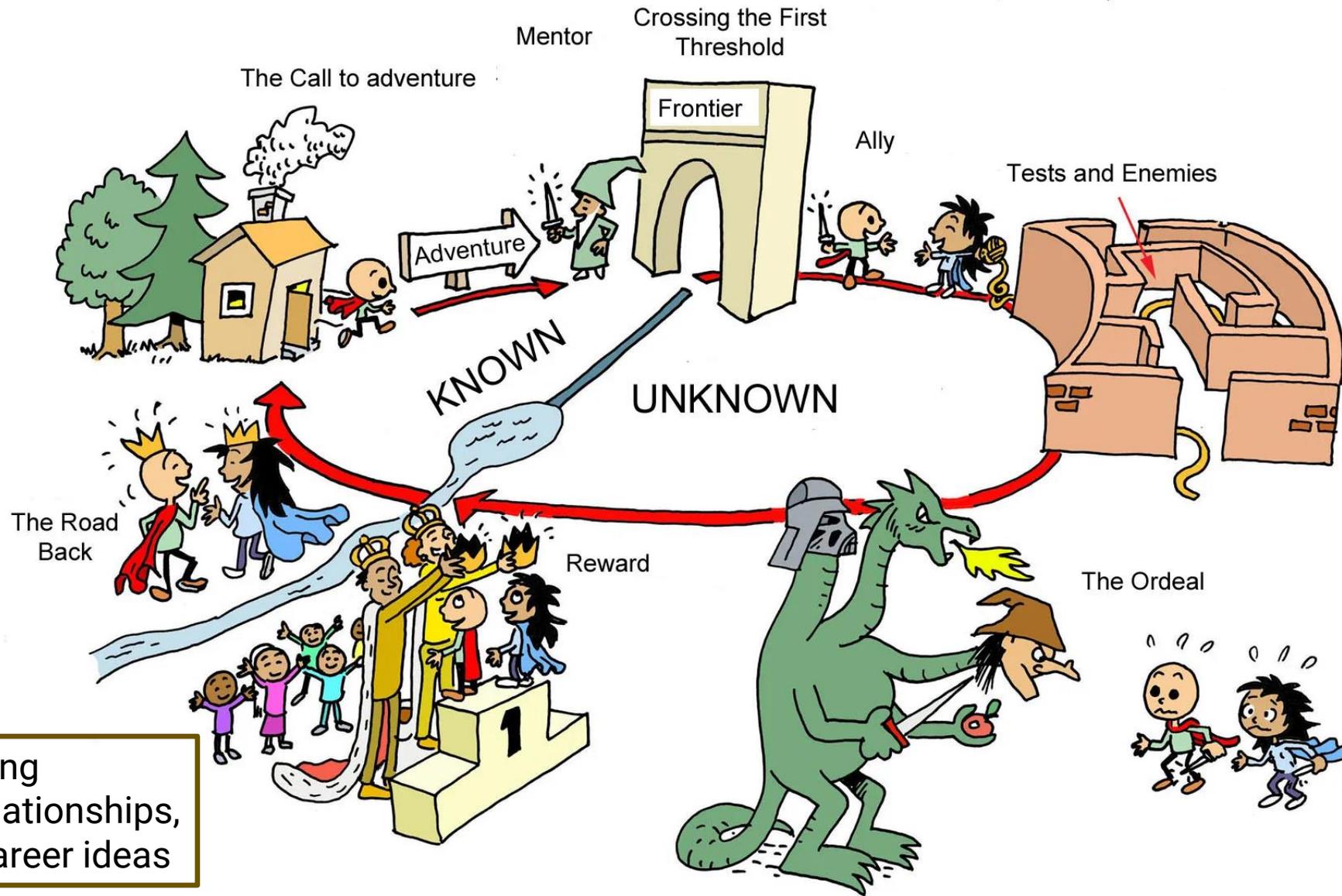


Strengthen relationships with mentors
Build your CV
Diversify your portfolio for jobs
Prepare for the future

Match scholarship to career interests

- Clinical interests
 - Rural medicine, addiction
 - Hospital medicine, primary care
 - Fellowship
- Teaching (all kinds)
- QI/patient safety
- Administration
- Research

The Hero's Journey



Papers, teaching experience, relationships, fellowships, career ideas

The Struggles

Time



Project availability



The Struggles – Time

Planning Ahead

Chunking

**Project Selection
Realistic Goals**

Get Help

The Struggles – Project availability

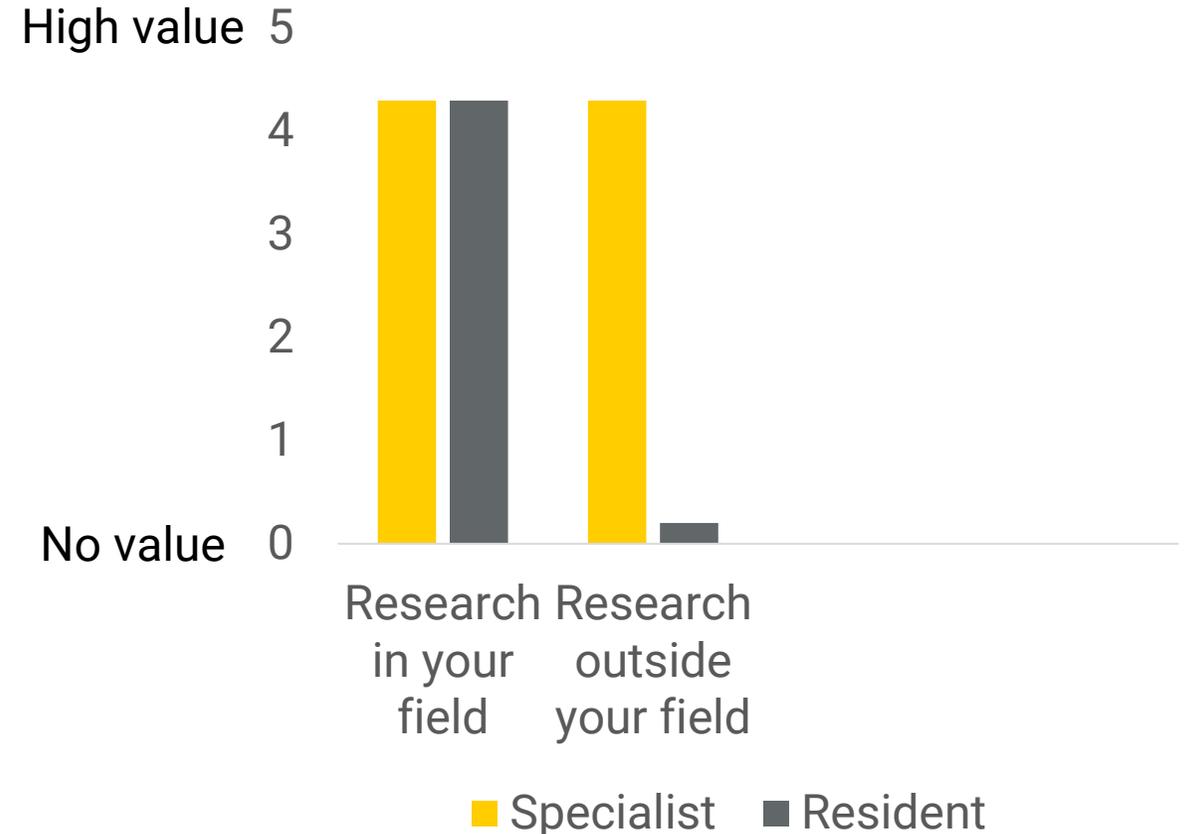
- Clinical Mentors
 - You know
 - You don't know
 - Fellows
 - Other residents
 - Program directors
 - Divisional contacts
 - Chiefs, Gehlbach
- 
- Develop new projects
 - Design study, write IRB
 - Conduct literature search
 - Prospective vs retrospective
 - QI, educational project
 - Analyze existing data sets
 - Write up interesting cases

Case study

Dr. Giallday is pursuing a career in gastroenterology. She is currently working on 1 project in GI, and is writing up 2 case reports, but would like to find other projects to work on as well. She hears about a cool, shovel-ready project being done by one of the Gen Med faculty but is concerned her involvement in this project may not benefit her application.

How would you advise Dr. Giallday?

Perceived value of research



Why do programs care about your scholarship?



“How did you get involved in this project?”

“I **hit it off** with my ID attending on Gen Med my second month. **I always thought C. diff was interesting** and said yes” (pulm/CC applicant)

“I’m **interested in** rural health”

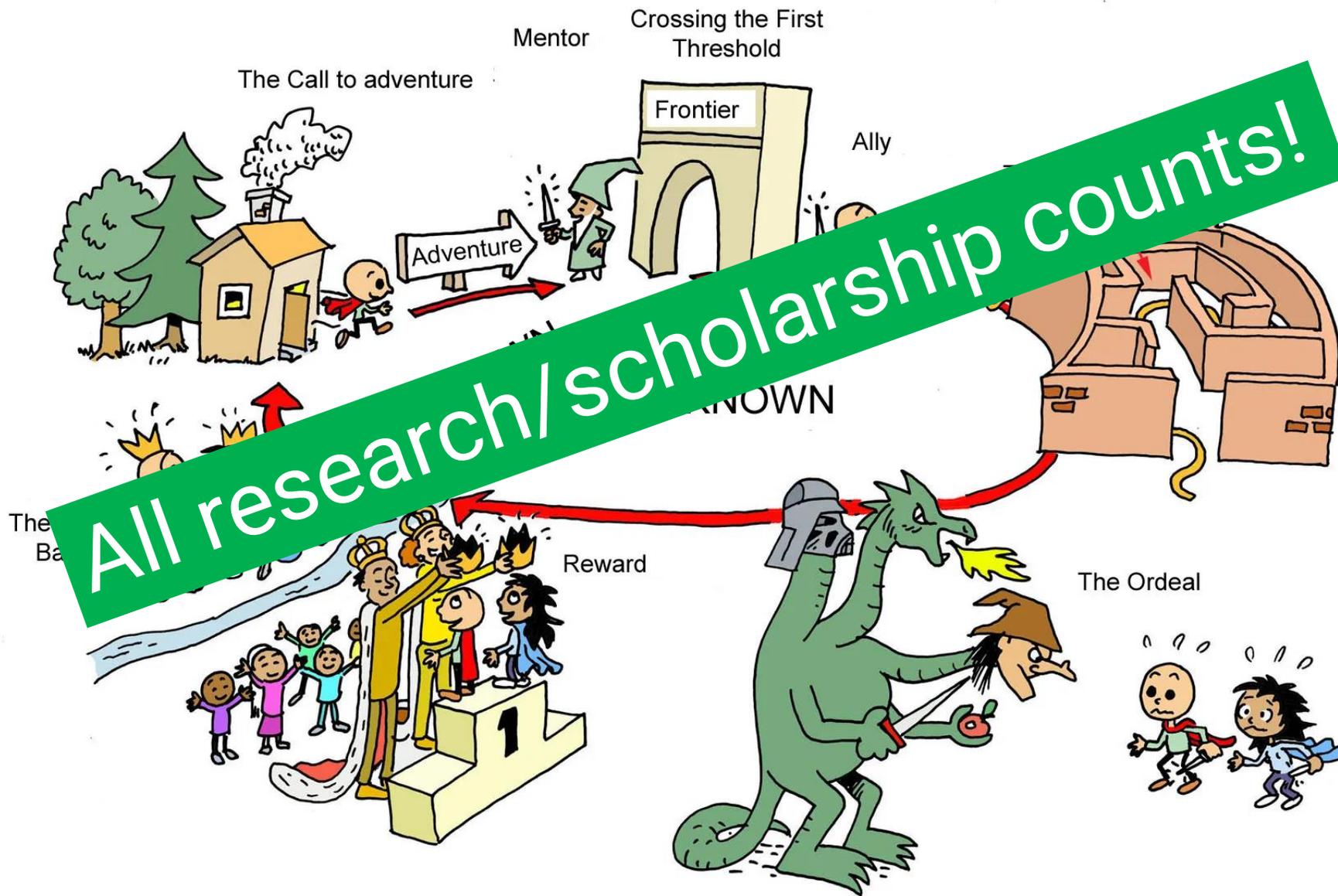
“Addiction is **interesting & relevant** to my future practice”

“I **wanted to try my hand** at ___”

“I **love to teach**”

Consider some research/scholarship outside your specialty interest...*especially* if you think it’s cool!

The Hero's Journey



Passing the ERAS pub/project screen

Communicating your big stuff (in your application & especially your interview)

Scholarship Toolkit
Hardin Library Resources



Your Residency Hub

From presentations to lunch menus, this is your one-stop spot for everything you need during residency—easy access, all in one place.

Scholarship Toolkit

Home > Scholarship Toolkit



Useful resources at IMIOWA

Mentoring

Mentorship at Iowa can look very different depending on a residents' career goals and interests. Whether its helping prepare you to match into fellowship, navigating contracts for your first big job or just helping you get involved, our faculty are here to work with YOU!

We provide multiple layers of mentorship to help you brainstorm scholarly projects, identify potential faculty mentors in your desired field, strategize scheduling, troubleshoot problems, and "mentor up". We will help you approach scholarship with intentionality.

Activities residents participate in include:

- Clinical research
- Basic science research
- Quality improvement
- Medical education
- Social determinants of health and global health
- Clinical scholarship
- Implementation of AI
- Social media and education applications

Resources

[Getting Scholarly Work Done](#)

[Allergy/Immunology Research Opportunities](#)

[Cardiology Research Opportunities](#)

[Endocrinology Research Opportunities](#)

[Gastroenterology and Hepatology Research Opportunities](#)

[Infectious Diseases Research Opportunities](#)

[Nephrology Research Opportunities](#)

[Pulmonary Research Opportunities](#)

Workshops

Missed one of our many scholarship themed workshops? Not to fear, as the recordings of all our scholarship presentations are available to residents and updated yearly. Click on a link below to view the recording.

[Scholarship Series: Getting Scholarly Work Done](#)

[Department Research Opportunities Day One](#)

[Department Research Opportunities Day Two](#)

[Creating an Effective Poster](#)

[Scholarship Series: Writing an Abstract and Clinical Vignette](#)

[Getting into Fellowship – IM Iowa](#)

IOWA | IM Iowa
Resident Portal

Connect with Us!



319.356.2043

200 Hawkins Drive
Iowa City, Iowa 52242

Take some time to explore this site!!

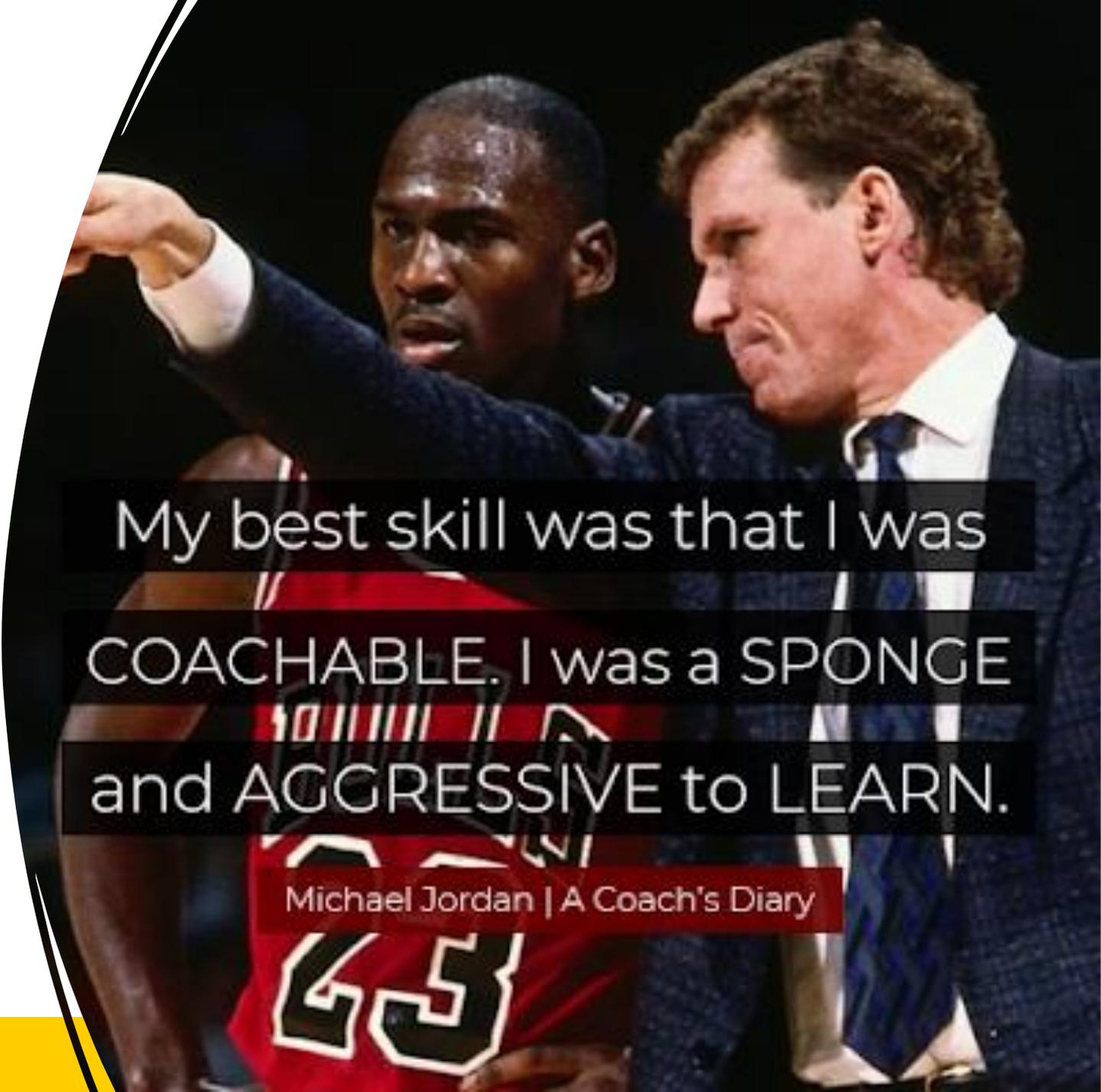
Tips for Success

- **Work backwards:** identify early a target for dissemination of your work (abstract due date, etc)
- **Clear goals:** Deadlines, next meeting time
- **Project diversification**
 - Multiple projects at different stages
- **Learn from setbacks/failures**
- **Collaborate**

Intentionality...map it out!



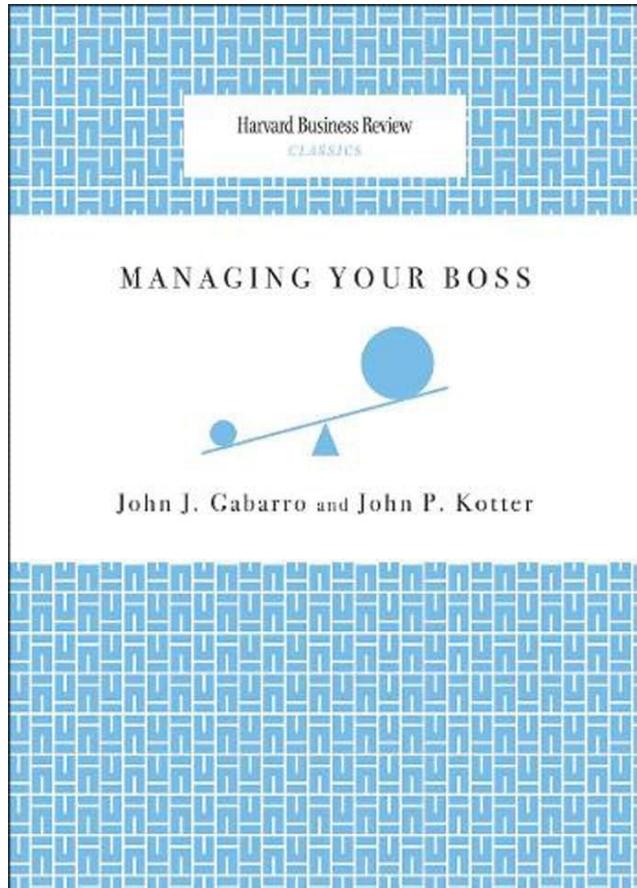
Who you taught you how to be a mentee?

A circular inset image showing Michael Jordan in a red Chicago Bulls jersey (number 23) being coached by Phil Spector. Spector is pointing towards the court while Jordan looks on intently.

My best skill was that I was COACHABLE. I was a SPONGE and AGGRESSIVE to LEARN.

Michael Jordan | A Coach's Diary

Mentoring up



- Managing up: “**Mutual** dependence between two **fallible** persons” (Gabarro & Kotter)
- Understand your mentor’s and your own strengths & weaknesses & design strategies to address them
- **Proactive** engagement in the relationship, to the benefit of both parties

Taking the initiative to propel the project* and the relationship



“The mentee is not an empty vessel receiving the mentor’s advice and wisdom but, rather, an active participant, shaping the relationship.”

*the project, in many cases, is *you*

Zerzan et al, Academic Medicine 2009.

Mentoring up requires situational awareness

“A mentee’s understanding of him- or herself and the mentor is key to making the relationship successful. The mentee must know the work styles and personal styles, strengths and weaknesses, blind spots, and trigger points of both participants.”

Examples

- How does your mentor like to receive information?
- When is your mentor most helpful?
- What can you personally do to make your meetings more effective (ask!)?

Zerzan et al, Academic Medicine 2009.

Examples of clear, proactive communication

Shared purpose

- "I'd like to target the ____ mtg for this work. What do you think"?

Aligning expectations

- "I should be able to return this to you in about 2 weeks. Will that timeframe work for you"?

Maintaining effective communication

- "How do you prefer to communicate?"
- Setting up the next meeting at the end of the current one

Neither you nor your mentor is a mind-reader



“Some superiors spell out their expectations very explicitly. But most do not. Ultimately, the burden falls on the subordinate to discover what the boss’s expectations are.”

-Gabarro and Kotter 1980

Common pitfalls



- Sticking with a failed email strategy
- Not identifying a target for abstract submission
- Over-reliance on prospective studies
- Less-than-optimal project mix
 - Depends on resident, prior experience, & aspirations
 - Both large & small projects play roles
- Failure to plan ahead (coordinating with mentor, completing IRB early, etc)
- Not reaching out to fellows or senior residents

Smaller vs larger projects

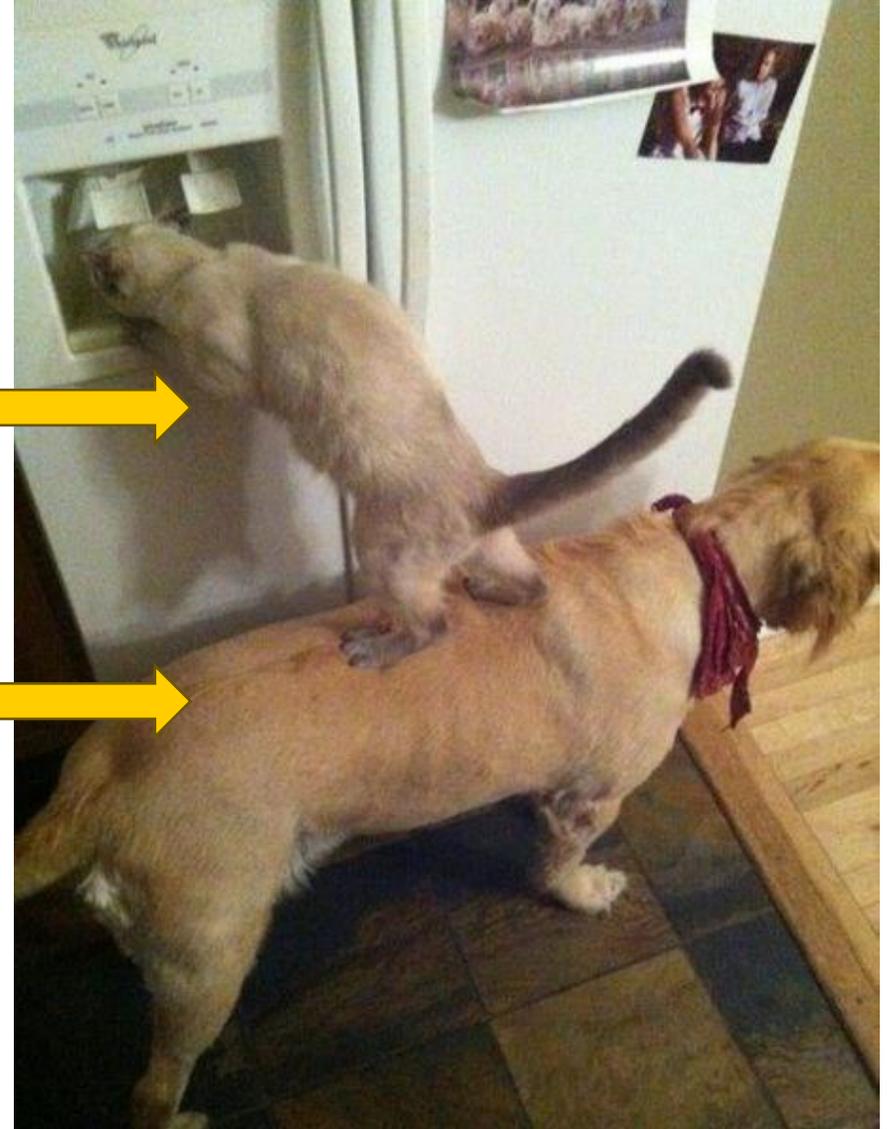
- Serve different roles
- Smaller projects
 - Easier to complete
 - Go to a conference, learn medical writing, prepare to be a senior author on a case report, add to CV
- Larger projects
 - Harder, may fail, you will learn a lot
 - Can “pop” on your CV/application, great material for interview (your baby)

Collaboration

Intern, 2nd year



Senior resident, fellow



Internal Medicine Residency Program

Lets Get Personal

Peer Reviewed Journal Articles/Abstracts

- Kohli A, Ibrahim F, Meyer K, **Maggio T**, Verdu F, Fifer A, Al Sawaf A. Time to loading conventional anti-seizure medications in patients with status epilepticus: a quality improvement project (5110). American Academy of Neurology Annual Meeting (virtual), 2021. Neurology 2021 Apr;96(15 suppl):5110. doi.org/10.1212/WNL.96.15_supplement.5110
- Bhuyan R, **Maggio T**, Thomas C, Sambharia M, Gehrs K, Boyce T. Late-onset retinal oxalosis in primary hyperoxaluria type 2. Am J Ophthalmol Case Rep 2024 Aug 22; 36:102156. PMID: PMC11395740
- **Maggio T**, Mikati N, Nassar B, Brenner M, McCabe D. Bismuth toxicity: a rare cause of non-convulsive status epilepticus. Toxicol Commun 2025;9(1). doi: 10.1080/24734306.2025.2492977

Peer Reviewed Journal Articles/Abstracts

- Kohli A, Ibrahim F, Meyer K, **Maggio T**, Verdu F, Fifer A, Al Sawaf A. Time to loading conventional anti-seizure medications in patients with status epilepticus: a quality improvement project (5110). American Academy of Neurology Annual Meeting (virtual), 2021. Neurology 2021 Apr;96(15 suppl):5110. doi.org/10.1212/WNL.96.15_supplement.5110
- • Bhuyan R, **Maggio T**, Thomas C, Sambharia M, Gehrs K, Boyce T. Late-onset retinal oxalosis in primary hyperoxaluria type 2. Am J Ophthalmol Case Rep 2024 Aug 22; 36:102156. PMID: PMC11395740
- • **Maggio T**, Mikati N, Nassar B, Brenner M, McCabe D. Bismuth toxicity: a rare cause of non-convulsive status epilepticus. Toxicol Commun 2025;9(1). doi: 10.1080/24734306.2025.2492977

Poster Presentations

- Nie J, Weber M, Pliura C, **Maggio T**, Wellman E, Sleiman A, Cozzens J. Diagnostic yield and cost effectiveness of CT head and CT face in initial trauma evaluation. Southern Illinois University School of Medicine Virtual Research Symposium, Springfield, IL, April 2021.
- Schwartz A, **Maggio T**, Ammar S, Gelbach B, Honkanen I. Nephrotoxicity and neurotoxicity secondary to valacyclovir in a patient without underlying kidney dysfunction. American College of Chest Physicians (CHEST) Annual Meeting, Honolulu HI, October 2023. Chest J 2023 Oct;164(4 suppl): A2046.
- **Maggio T**, Sambharia M. Retinal oxalosis: an unusual presentation of hyperoxaluria. American Society of Nephrology Kidney Week, Philadelphia, PA, November 2023. J Am Soc Nephrol 2023 Nov;34(suppl):565.
- **Maggio T**, Honkanen I. Dialyzing or hemolyzing? A case of continuous renal replacement therapy (CRRT) filter hemolysis. American Society of Nephrology Kidney Week, Philadelphia, PA, November 2023. J Am Soc Nephrol 2023 Nov;34(suppl):893.

Maggio T, Luong P, Sanders ML. Piloting an outpatient focused inbox management simulation for medical students enrolled in a transition to residency course. Graduate Medical Education Leadership Symposium, University of Iowa, May 2024.

Maggio T, Strouse J, Sanders ML. Outpatient inbox management for medical students: a pilot simulation within the transition to residency course. Transition to Residency Symposium, University of Iowa, October 2024.

Maggio T, Luong P, Strouse J, Sanders ML. A pilot simulation of outpatient inbox management for senior medical students enrolled in a transition to residency course. Academic Internal Medicine Week, New Orleans, LA, April 2025.

standardized blood pressure differences among veterans with CKD. American Society of Nephrology Kidney Week, Houston, TX, November 2025.

Poster Presentations

- Include both posters you presented and posters you worked on that someone else presented
- List them multiple times if you presented the same project multiple times (different conferences)
- Some local opportunities include IM Research Day, Quality/Safety Symposium and GME symposium

Oral Presentations

- **Maggio T**, Cherry H. Integrating Interdisciplinary Care with Students and Patients in Southern Illinois. Southern Illinois University School of Medicine 2018-2019 Hotspotting Wrap-up, Springfield, IL, April 2019.
- Nosbisch N, Vaidya A, **Maggio T**, Peach A, Cherry H. Through Her Eyes: A Patient's Personal Journey with Student Hotspotting. Southern Illinois University School of Medicine Virtual 2019-2020 Hotspotting Wrap-up, Springfield, IL, April 2020.
- Coleman K, Ippolito S, **Maggio T**, Peach A, Russel B, Brummer G. Trauma to Triumph: Creating Sustainable Systems for Patient Change. Southern Illinois University School of Medicine Virtual 2020-2021 Hotspotting Wrap-up, Springfield, IL, April 2021.
- **Maggio T**, Cherry H, Frueh J. Going the Distance Together...Community-Based, Interprofessional Education with Medically and Socially Complex Patient Populations. Southern Illinois University School of Medicine Symposium on Teaching and Learning, Springfield, IL, April 2021.
- **Maggio T**, Lindower P. Chest Pain for 5 Days. American College of Physicians Clinical Vignette Local Competition, University of Iowa, September 2022.
- Hypomagnesemia. Iowa River Landing General Internal Medicine Case Conference, University of Iowa, June 2023.
- **Maggio T**, Hodgson-Zingman D. A Shocking Case of Atrial Fibrillation. Mortality, Morbidity, and Improvement Conference, Department of Internal Medicine, University of Iowa, February 2024.
- **Maggio T**, Suneja M. IgA Nephropathy. Department of Internal Medicine R2 Talk, University of Iowa, March 2024.
- **Maggio T**, Soltys M. Fluids and Electrolytes. Transition to Residency Course, Carver College of Medicine, University of Iowa, April 2024, April 2025.
- Opioid Induced Adrenal Insufficiency. Iowa River Landing General Internal Medicine Case Conference, University of Iowa, December 2024.
- **Maggio T**, Osman M, Carlson P, Pysick H. Scholarship in Residency Panel. Department of Internal Medicine Noon Conference Series, University of Iowa, April 2025.
- Drug Induced Phospholipidosis. Toxicology Conference, Department of Emergency Medicine, University of Iowa, April 2025.
- Aminoglycosides. Toxicology Conference, Department of Emergency Medicine, University of Iowa, April 2025.

Oral Presentations

- **Maggio T**, Cherry H. Integrating Interdisciplinary Care with Students and Patients in Southern Illinois. Southern Illinois University School of Medicine 2018-2019 Hotspotting Wrap-up, Springfield, IL, April 2019.
- Nosbisch N, Vaidya A, **Maggio T**, Peach A, Cherry H. Through Her Eyes: A Patient's Personal Journey with Student Hotspotting. Southern Illinois University School of Medicine Virtual 2019-2020 Hotspotting Wrap-up, Springfield, IL, April 2020.
- Coleman K, Ippolito S, **Maggio T**, Peach A, Russel B, Brummer G. Trauma to Triumph: Creating Sustainable Systems for Patient Change. Southern Illinois University School of Medicine Virtual 2020-2021 Hotspotting Wrap-up, Springfield, IL, April 2021.
- **Maggio T**, Cherry H, Frueh J. Going the Distance Together...Community-Based, Interprofessional Education with Medically and Socially Complex Patient Populations. Southern Illinois University School of Medicine Symposium on Teaching and Learning, Springfield, IL, April 2021.
- **Maggio T**, Lindower P. Chest Pain for 5 Days. [American College of Physicians Clinical Vignette Local Competition](#), University of Iowa, September 2022.
- Hypomagnesemia. [Iowa River Landing General Internal Medicine Case Conference](#), University of Iowa, June 2023.
- **Maggio T**, Hodgson-Zingman D. A Shocking Case of Atrial Fibrillation. [Mortality, Morbidity, and Improvement Conference](#), Department of Internal Medicine, University of Iowa, February 2024.
- **Maggio T**, Suneja M. IgA Nephropathy. [Department of Internal Medicine R2 Talk](#), University of Iowa, March 2024.
- **Maggio T**, Soltys M. Fluids and Electrolytes. Transition to Residency Course, Carver College of Medicine, University of Iowa, [April 2024, April 2025](#).
- Opioid Induced Adrenal Insufficiency. [Iowa River Landing General Internal Medicine Case Conference](#), University of Iowa, December 2024.
- **Maggio T**, Osman M, Carlson P, Pysick H. Scholarship in Residency Panel. [Department of Internal Medicine Noon Conference Series](#), University of Iowa, April 2025.
- Drug Induced Phospholipidosis. [Toxicology Conference](#), Department of Emergency Medicine, University of Iowa, April 2025.
- Aminoglycosides. [Toxicology Conference](#), Department of Emergency Medicine, University of Iowa, April 2025.

Oral Presentations

- Again, if you give the same presentation for several years, you can list it each time
- Be sure to include R2 talk, MMI presentation, any presentations given for distinction tracks (DIME, DIHE, POCUS)

“Atypical” Scholarly Work

- I participated in the Nephrology Social Media Collective, an online internship about free open access medical education in nephrology
 - Published Tweetorials (before it was X), Visual Abstracts, Blog Posts, and Podcast Episodes
- Moral of the story is to be open minded about pursuing your interests and don't feel trapped by traditional avenues of scholarship

Pending work

- TTR Inbox Management Project – Planned for Year 3, actively working on publication of data from first two years. Please reach out to me if you are interested in helping with this project/taking it over (you do not have to be in DIME)
- I am also working on expanding it for UIHC fellowships that occasionally match IMGs
- Creation of new Wards 101 conference with Mackenize

The Fruits of Research

**Conference poster or
oral presentation**

Journal Manuscript

Conferences

Cards	Renal	Pulm/CC	GI	Heme-Onc
ACC	ASN Kidney Week	ATS	ACG	ASCO
AHA	National Kidney Foundation Spring Clinical Meetings	CHEST	DDW	ASH
HFSA	Iowa Nephrology Symposium	Society for Critical Care Medicine Congress	AASLD	
CRT	American Transplant Congress			

Conferences

Rheum	A/I	Endocrinology
Winter Rheumatology Symposium	AAAAI	Endocrine Society Annual Meeting
State of the Art Symposium	ACAAI	American Diabetes Association Scientific Sessions
Iowa Rheumatology Symposium	CIS	American Society for Bone and Mineral Research
ACR/ARHP Meeting		AACE Annual meeting

Journals

Cards	Renal	Pulm/CC	GI	Heme-Onc
JACC	<u>Journal of the American Society of Nephrology</u>	American Thoracic Society Journals	GIE	Ask your mentor
	<u>Kidney International</u>	American College of Chest Physician (CHEST) journals	AJG	
	<u>Clinical Journal of the American Society of Nephrology</u>	Critical Care Medicine	Gastroenterology	

Journals

Rheum	A/I	Endocrinology
<u>Annals of Rheumatic Diseases</u>	<u>Journal of Allergy & Clinical Immunology</u>	Diabetes Care
<u>Arthritis & Rheumatology</u>	<u>Allergy, Asthma, and Clinical Immunology</u>	JCEM
Best Practice & Research in Clinical Rheumatology	<u>Clinical Immunology</u>	

Case reports

We have a subscription for
BMJ Case Reports

[Homepage | BMJ Case Reports](#)

Current Issue

< [Prev issue](#)

October 2025 - Volume 18 - 10

[Surprising diagnosis: classical Hodgkin lymphoma presenting as an acute asthma attack \(13 October, 2025\)](#)

Rabia Qadeer, Saddam Hussain Abbasi, Anoop Babu, Adam Shibu

[Urinary urgency after traumatic brain injury \(13 October, 2025\)](#) 

Gabrielle Costain, Jordanne Nichols Kirschke, Cassie Cortes, Maxwell Monson, Matt McEchron

[‘Congenitally corrected’ Scimitar syndrome? An anomalous unilateral single pulmonary vein variant \(13 October, 2025\)](#)

Jonathan Taylor-Fishwick, Alexander Ellis

[Disseminated cryptococcosis presenting as lung mass \(13 October, 2025\)](#)

Manish Shankar, Satyadeo Choubey, Arshad Ejazi, R Thanisk

[Solitary mesiodens in primary dentition \(13 October, 2025\)](#)

Durga R, Dipanshu Kumar, Srinivasa T S, Shailesh Kumar

[Effect of thoracic squeeze technique and Yakson technique in preterm infants having respiratory distress syndrome along with spontaneous intestinal perforation \(13 October, 2025\)](#)

Aishik Ghosh, Sharath Hullumani

[Ingestion and aspiration of hot candle wax \(13 October, 2025\)](#)

Joshua You Jing Wong, Varun Hathiramani

[Penetrating aortic ulcer: a rare cause of neck swelling \(13 October, 2025\)](#)

Christopher Rimmer, Nikesh Dattani

Examples of upcoming opportunities

Now Accepting Submissions

SGIM is now accepting submissions in the following categories.
The deadline to submit is **December 12, 2025**.

Scientific Abstracts >

Clinical Vignettes >

Innovations In Healthcare Delivery >

Innovations In Medical Education >

[VIEW SUBMISSION FAQs](#) →



Examples of upcoming opportunities



MEMBERSHIP	CME & MOC	MEETINGS & COURSES	CLINICAL INFORMATION	PRACTICE & CARE
------------	-----------	--------------------	----------------------	-----------------

National Competition Timeline

Key Activity	Date/Time Period
Abstracts Portal Opens	October 6, 2025
Deadline for all Submissions/Categories	November 17, 2025, 11:59 PM ET
Abstract Review Period	December 2025 – January 2026
Results Notifications	February 4 – 6, 2026
ACP Oral Presentations and Poster Competitions Judging	April 16 – 18, 2026

Examples of upcoming opportunities

Future Conferences

Academic Internal Medicine Week 2026

April 19-22, 2026

Seattle Convention Center, Seattle, WA

2026 APDIM Fall Meeting

October 15-17, 2026

Marriott Louisville Downtown, Louisville, KY

Academic Internal Medicine Week 2027

April 4-7, 2027

Baltimore Convention Center, Baltimore, MD

Incredible Resources

- Help is available via the Design Center!
<https://designcenter.uiowa.edu>
- Editing services: Kris Greiner
 - C310-A GH
 - kristina-greiner@uiowa.edu
 - <https://designcenter.uiowa.edu/editing-services>
 - Manuscripts, abstracts, posters, etc
- Posters: Teresa Ruggle
 - E328-1 GH
 - teresa-ruggle@uiowa.edu

These resources can also
be located in the
scholarship toolkit!



Upcoming Lectures

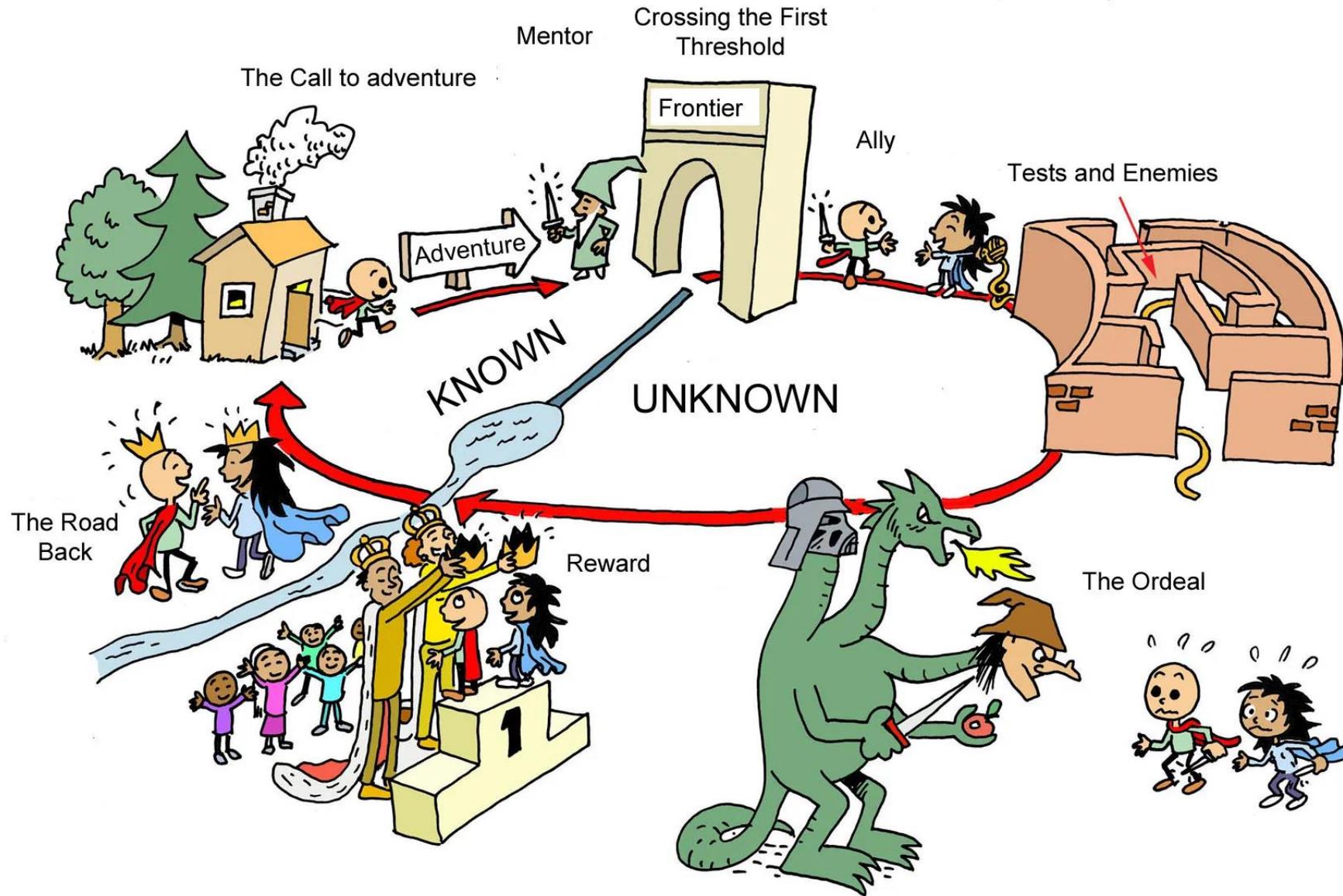
11/5/25: Creating a Poster – Kris Greiner

Jan – Feb 2025: Department Research Opportunities

Mar – Apr 2025: Getting Into Fellowship

Apr – May 2025: Resident Scholarship Panel & CV Essentials

Questions? Ask us, always!



Scholarship Toolkit
Hardin Library Resources



Your Residency Hub

From presentations to lunch menus, this is your one-stop spot for everything you need during residency—easy access, all in one place.

Scholarship Toolkit

Home > Scholarship Toolkit



Useful resources at IMIOWA

Internal Medicine Residency Program

Thank You!

→ uihc.org



Please feel free to contact us with any questions:

tyler-maggio@uiowa.edu

brian-gehlbach@uiowa.edu