

**RECRUITING AND TRAINING PHYSICIANS-SCIENTISTS TO EMPOWER TRANSLATIONAL RESEARCH**  
**A MULTILEVEL TRANSDISCIPLINARY APPROACH FOCUSED ON METHODOLOGY, ETHICS AND INTEGRITY IN**  
**BIOMEDICAL RESEARCH - 2018-2023**



FONDAZIONE  
MONDINO  
Istituto Neurologico Nazionale  
a Carattere Scientifico IBCCS

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## RESEARCH TRAINING PROGRAM

### I. General Information

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***Title of the research project:***

Early discharge and home treatment for patients with low-risk PE: is it really a safe and feasible approach?

***Name and address of the department:***

SC Pronto Soccorso e Medicina D'Urgenza, Ospedale di Circolo, via Guicciardini 9, Varese

***Student's supervisor:***

Walter Ageno

### II. Description of the project

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***Background***

Several studies have demonstrated that patients with low-risk PE, identified using validated tools such as the PESI score and HESTIA criteria and prognostic markers such as right ventricular dilation (RVD) and troponin measurement, may benefit from home treatment or rapid discharge. In-hospital and 30-day mortality rates lower than 0,5% support this approach. However, recent observational studies suggest that Italian clinicians are still reluctant to use this strategy. The use of a predefined protocol aimed at clearly defining the in-hospital and out of hospital path for low-risk PE patients may help to favor this strategy in the Emergency Department.

***What is the aim of this project:***

In this study we will try to validate the feasibility and safety of a management strategy of low-risk PE patients based on the rapid discharge directly from the Emergency Department and on the referral to a Thrombosis Center.

Early discharge from the Emergency Department of these patients would allow to reduce the need for hospital admissions, to improve patients' quality of life, to reduce exposure to nosocomial infections, to save economic resources, to guarantee greater autonomy and comfort/family support for the patient.

***Type of research project:***

Basic science       Clinical research without lab work       Clinical research with lab work.

### III. Student's involvement

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The student will mainly observe	<input type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
The student will observe the experiments but will be involved in data analysis	<input type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
The student will take active part in experiments ("lab work")	<input type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
The student will take active part in clinical examination (clinical research)	<input checked="" type="checkbox"/> YES	<input type="checkbox"/> NO
The student will be allowed to work with patients	<input checked="" type="checkbox"/> YES	<input type="checkbox"/> NO

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*What are the tasks expected to be accomplished by the student?*

The student will develop the protocol with the help of the supervisor and will be involved in the set-up of the study. The student will subsequently be involved in the management of the patients, in data collection, analysis, and interpretation of the results.

*What is expected from/what will be the general outcome of the student?*

- x To prepare a poster / presentation / scientific report / abstract
- x The student's name will be mentioned in a future publication
- x Opportunity to present together with the supervisor the results on a conference
- No specific outcome is expected

#### **IV. Requirements**

*What skills are required from the student?*

*Is there any special knowledge or a certain level of studies needed?*

Subjects passed:

- Medical Pathology
- Pharmacology
- Laboratory Medicine
- Radiology
- Medical Statistics

Elective educational activities:

- Organization and management of a clinic for the study of coagulation
- Organization and management of a clinic for the diagnosis and treatment of arterial hypertension
- Organization and management of a clinic for the study of dyslipidemia
- Invasive diagnostic and therapeutic maneuvers in internal medicine
- Seminars of the Program Medical Scientists
  - o The tyranny of p-values in medical research
  - o Reading and writing a scientific article: the point of view of the reader, the researcher and the reviewer
  - o Critical reading of scientific articles
  - o Foundations of integrity and misconduct in biomedical research

Previous experience with:

Internships in:

- Ward of Internal Medicine (18/07/23 - 13/08/23)
- Ward of Oncology (01/05/23 – 19/05/23)

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Certificate of:

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None

Are there any legal limitations in the student's involvement in the project?  YES  NO

If yes, what are the limitations?

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*For the use of students considering participating in the project, further information can be found from the following references:*

**V. Schedule**

*Duration of the project:*

1 month  2 months  12 months

*Available months:*

January  February  March  April  May  June  
 July  August  September  October  November  December

*How many students can you accept to the project at the same time? One*

*Special remarks:*

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**NOTE: a scientific report is required at the end of the program**