

WHEN SARS-COV2 GIVES YOUR RESEARCH CAREER LEMONS



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SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

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BRAIN HEALTH for all, for life.

The background of the slide features a rustic, light-colored wooden surface. On the left side, there are several lemons and fresh mint leaves. Two glass jars are filled with lemon slices and a sprig of mint. A single lemon slice is placed on the wooden surface between the jars. Another lemon slice and a sprig of mint are visible at the bottom of the frame. The overall aesthetic is clean and natural.

Disclosures

Sage Therapeutics

Consultant, Ad Board, Research

Asarina Pharma, Sweden

Consultant, Ad Board

COVID and RESEARCH

Critical considerations

Thinking outside the box

Getting back to the lab

Examples of lemonade



Privilege is Accentuated

Senior investigators

- established reputation
- well funded
- have data
- have power, more likely to be male
- financial security

Extreme stress

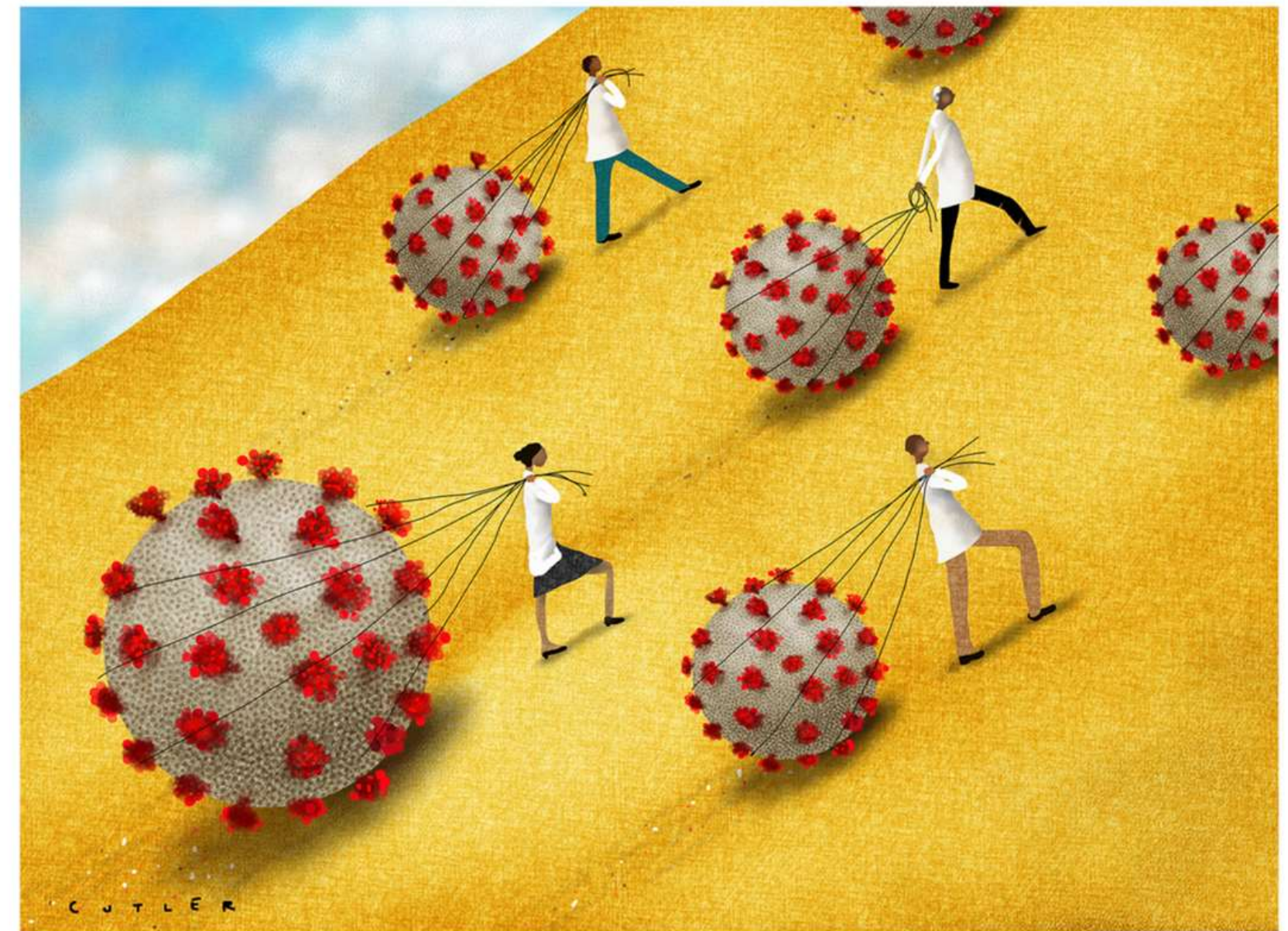
- unconscious bias in decision-making
- progressive initiatives can suffer

In the wake of COVID-19, academia needs new solutions to ensure gender equity

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The coronavirus disease 2019 (COVID-19) pandemic has upended almost every facet of academia (1). Almost overnight the system faced a sudden transition

to remote teaching and learning, changes in grading systems, and the loss of access to research resources. Additionally, shifts in household labor, childcare,



Many women academics will likely bear a greater burden during the coronavirus disease 2019 (COVID-19) pandemic. Academia needs to enact solutions to retain and promote women faculty who already face disparities regarding merit, tenure, and promotion. Image credit: Dave Cutler (artist).

R. Yu, Stress potentiates decision biases: A stress induced deliberation-to-intuition (SIDI) model. *Neurobiol. Stress* 3, 83–95 (2016).

M. Goulden, M. A. Mason, K. Frasnich, Keeping women in the science pipeline. *Ann. Am. Acad. Pol. Soc. Sci.* 638, 141–162 (2011).

Caregiving

Heavier Burden for Early Career Scientists

Closed pre-schools

Home schooling

- Lower salaries

Greater mental health concerns



Nicola Byrum: COVID-19 and the Research Community: The Challenges of Lockdown for Early-Career Researchers, Institute of Psychiatry, Psychology and Neurosciences, Kings College London

Do I have data?

Does my mentor have data?

What about a review?

Can I learn a new task/area?

Maybe I can address my aims another way

Hmm, virtual data collection?



UF Clinical Research Resumption Plan

RESEARCH LOCATION	Stage 0	Stage 1	Stage 2	Stage 3	Stage 4
Outpatient*					
Allowed Research	<ul style="list-style-type: none"> Therapeutic (Life Threatening) COVID-19 	<ul style="list-style-type: none"> Therapeutic (All) COVID -19 	<ul style="list-style-type: none"> Interventional (All) Diagnostic/Screening COVID -19 	<ul style="list-style-type: none"> Interventional (All) Observational (All) COVID -19 	<ul style="list-style-type: none"> Gradual return to all activities
Allowed Research Visits	<ul style="list-style-type: none"> Life Threatening COVID-19 	<ul style="list-style-type: none"> Concurrent with Clinical 	<ul style="list-style-type: none"> Research-Only 	<ul style="list-style-type: none"> Site Initiation Monitoring 	<ul style="list-style-type: none"> All
Mask Requirements**	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> TBD
Max. Occupancy Limits***	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> TBD
Inpatient*					
Allowed Research	<ul style="list-style-type: none"> Therapeutic (Life Threatening) COVID -19 	<ul style="list-style-type: none"> Therapeutic (All) COVID -19 	<ul style="list-style-type: none"> Interventional (All) Diagnostic/Screening COVID -19 	<ul style="list-style-type: none"> Interventional (All) Observational (All) COVID -19 	<ul style="list-style-type: none"> Gradual return to all activities
Allowed Research Visits	<ul style="list-style-type: none"> Life Threatening COVID-19 	<ul style="list-style-type: none"> Concurrent with Clinical 	<ul style="list-style-type: none"> Research-Only 	<ul style="list-style-type: none"> Site Initiation Monitoring 	<ul style="list-style-type: none"> All
Mask Requirements **	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> TBD
Max. Occupancy Limits***	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> TBD
Patient Care Areas (Research-Only)*					
Allowed Research	<ul style="list-style-type: none"> Therapeutic (Life Threatening) COVID -19 	<ul style="list-style-type: none"> Therapeutic (Life Threatening) COVID -19 	<ul style="list-style-type: none"> Interventional (All) Diagnostic/Screening COVID -19 	<ul style="list-style-type: none"> Interventional (All) Observational (All) COVID -19 	<ul style="list-style-type: none"> Gradual return to all activities
Allowed Research Visits	<ul style="list-style-type: none"> Life Threatening; COVID-19 	<ul style="list-style-type: none"> Life Threatening; COVID-19 	<ul style="list-style-type: none"> Research-Only 	<ul style="list-style-type: none"> Site Initiation Monitoring 	<ul style="list-style-type: none"> All
Mask Requirements **	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> TBD
Max. Occupancy Limits***	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> Social Distancing 	<ul style="list-style-type: none"> TBD
Community-Based Research*					
Allowed Research	<ul style="list-style-type: none"> COVID Screening Remote Only 	<ul style="list-style-type: none"> COVID Screening Remote Only 	<ul style="list-style-type: none"> Interventional 	<ul style="list-style-type: none"> Interventional Observational 	<ul style="list-style-type: none"> Gradual return to all activities
Allowed Research Visits	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Research-Only 	<ul style="list-style-type: none"> Site Initiation Monitoring 	<ul style="list-style-type: none"> All
Mask Requirements **	<ul style="list-style-type: none"> Not applicable 	<ul style="list-style-type: none"> Not Applicable 	<ul style="list-style-type: none"> Surgical 	<ul style="list-style-type: none"> Cloth 	<ul style="list-style-type: none"> None*
Max. Occupancy Limits***	<ul style="list-style-type: none"> Not applicable 	<ul style="list-style-type: none"> Not Applicable 	<ul style="list-style-type: none"> TBD 	<ul style="list-style-type: none"> TBD 	<ul style="list-style-type: none"> TBD
External Factors that Influence Stage Transitions	<ul style="list-style-type: none"> Active COVID-19 cases in community Limited testing & contact tracing Limited availability of PPE Stay-at-home directives in place for region 	<ul style="list-style-type: none"> Active COVID-19 cases in community but within manageable capacity for healthcare system Testing and contact tracing available PPE available Stay-at-home directives 	<ul style="list-style-type: none"> Active COVID-19 cases in community but within manageable capacity for healthcare system Testing and contact tracing available PPE available Stay-at-home directives 	<ul style="list-style-type: none"> Active COVID-19 cases in community but within manageable capacity for healthcare system Testing and contact tracing available PPE available Stay-at-home directives 	<ul style="list-style-type: none"> Active COVID-19 cases in community but within manageable capacity for healthcare system Testing and contact tracing available PPE available Stay-at-home directives



University of Florida College of Medicine

COVID-19 Research

Research Administration

Conflict of Interest

Export Control

HIPAA

Research Integrity



Ramping Up Clinical Research at CU Anschutz



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Hmm, virtual data collection?

Andrew M. Novick, MD, PhD
Stress, Reproductive Hormones
and Reward Processing

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Christina Metcalf, PhD
Early Life Stress, Mood and Cognition
at Reproductive Transitions

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Neill Epperson, MD
Jill of All Trades

Virtual Recruitment

Research Match

PsychPro

Patient Advocacy Organizations

Social Media

Mechanical Turk

Descriptive

Hypothesis generating

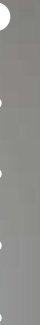
Can ask many questions

Data for multiple papers

Piloted a visual reward task

Created virtual stress test & methods for collecting biospecimens for endocrine and immune assays

Addressed a “bucket list” question in the general population of pre, peri, and postmenopausal (natural and surgical) women





What to do if you are sick

Monitor your symptoms.

BE HONEST WITH YOURSELF

DO NOT IGNORE POLICIES AND PROCEDURES.

THERE WILL BE MAJOR RAMIFICATIONS IF YOU DO AND YOU ARE COVID+

SELF-ISOLATE

YOU'LL BE BACK TO WORK SOON ENOUGH!



