



PROJECT UPDATE: VIRGO DEPENDS ON YOUR SUPPORT

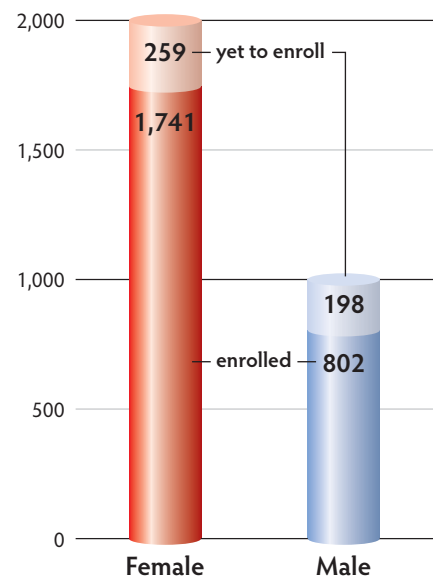
Last month, VIRGO welcomed its 2,500th participant – to date, over 2,543 young men and women have enrolled in VIRGO.

VIRGO is a first of its kind research study, focused on young acute myocardial infarction (AMI) patients and the challenges they face in their first year of recovery from heart attack. “My hope for VIRGO is that we gain an understanding of the unique role that psychological and social factors play in the recovery process, if this role is different in men and women and that this understanding may help us to create strategies that lesson psychological and social stress of young patients recovering from heart attack,” said Co-Principal Investigator, Judith Lichtman, PhD, MPH.

In our second issue of 2011, we present VIRGO training refreshers, touch base with VIRGO sites that ‘went red’ in February and highlight our February Enrollment Challenge Winner – Winthrop University Hospital (Site#215), NY. “Our team wore red to show our support for the American Heart Association’s National Wear Red Day – February 4, 2011,” said Monique Plinck, VIRGO Coordinator.

“Our genetic consent rate remains high at 95% as of late March with 80% of blood samples received and 55 saliva samples from participants that were unable to schedule a blood draw,” said Anjuli Tohan, a member of our VIRGO team. “Blood samples collected in VIRGO are so important as they may shed light on genes that increase the risk of heart attacks.” In her role, Anjuli coordinates both the blood and saliva collections. Don’t hesitate to ask any questions you may have toll free via 1-877-847-4604.

VIRGO Enrollment (April 2011)



“My hope for VIRGO is that we gain an understanding of the unique role that psychological and social factors play in the recovery process...”

—Judith Lichtman, PhD, MPH

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Touching Base with Project Director Nancy Lorenze, DNSc, MSN

VIRGO has achieved two successful years of enrollment largely thanks to the dedication of over 100 participating sites across the country. With your help, VIRGO is set to contribute to existing literature to improve the outcomes of this understudied group. "The catheterization and ECHO CDs are a vital component of VIRGO – thank you to those sites who have agreed to provide these to the VIRGO Coordinating Center," said Principal Investigator, Harlan Krumholz, MD, SM.

Coordinating a large multi-center study has its own unique set of challenges, enrollment has remained slow over the past few months. We're reaching out to our family of VIRGO sites to please keep screening daily for patients who meet inclusion criteria.

"In our third year of enrollment and with 457 patients yet to enroll – we are depending on your support to reach the finish line," said Project Director, Nancy Lorenze. Don't forget the enrollment challenge this month with a chance to win a \$250 Gift Voucher (Amazon or Target) – best of luck everyone!

"...please keep screening daily for patients who meet inclusion criteria."

**– Project Director,
Nancy Lorenze**



Above: Barbara George, EdD MSN RN, Alexis D'Elia MD, Kevin Marzo MD, Dipti Patel, MPH RN, Wendy Drewes, BSN RN, Bhavna Suri, MD (not pictured)

VIRGO Enrollment Challenge Winner

The winner of our February 2011 Enrollment Challenge was announced via CV Outcomes on March 07, 2011 – Winthrop University Hospital (Site#215) who received a \$250 Gift Voucher. Congratulations to Winthrop University Hospital!

Winthrop University Hospital represents Nassau County, NY – one of the most populated and ethnically diverse counties in the nation. "Our enrolled participants reflect the community we serve yet despite its diversity, a common theme has emerged – most young women delayed seeking treatment after symptom onset," said PI Kevin Marzo, MD, Chief, Division of Cardiology.

"Collaborating with Yale on this groundbreaking study has been a fascinating experience. We are anxiously waiting VIRGO's findings so that we can better understand the rationale behind these delays and help researchers answer important questions regarding detection, prevention and treatment of heart disease in women".

Please keep up the good work - the winner of next month's enrollment challenge will be announced via www.cvoutcomes.org and highlighted in an upcoming issue of VIRGO News!

VIRGO Training Refreshers:

Screening:

"Remember, never stop screening or enrolling females, with 457 patients yet to enroll – only with your help will we reach the finish line," said Jo Cecille Demarest, VIRGO Coordinator.

- **Screen daily for patients who meet inclusion criteria.**

Do not screen patients who are admitted for elective procedures or suffer an AMI while in hospital for other reasons.

- Remember never stop screening or enrolling females

- Begin screening for males after 2 females are enrolled. Once 1 male is enrolled – STOP screening for males. After enrolling 2 more females, begin screening for males again. Enroll 1 male for 2 enrolled females. Only complete the screening form for males when it is time to enroll a male.

"Remember, never stop screening or enrolling females..."

— Jo Cecille Demarest,
VIRGO Coordinator

Enrollment and CRFs:

"Ensure consent forms are signed and applicable checkboxes are checked," said Gabrielle Douglas, VIRGO Coordinator and Regulatory Specialist.

- Ensure consent forms are signed (including checkboxes if applicable). If checkboxes are left blank, the VIRGO Coordinating Center will require that consent forms be sent back to participant so that they can initial, date and indicate their choice.
- Remember to take neck, waist and hip measurements in a consistent manner.
- Enter screening, enrollment and 1month blood collection forms online (www.virgocrf.com) within 24 hours and enter baseline interview form within 7 days.

Medical Record Abstraction:

"Please capture every symptom noted in the medical record so that we have a clear picture of the clinical presentation," said Mary Geda, VIRGO Coordinator.

- Provide the best estimate for timed events e.g. if a heart attack began around 9 AM - enter date and hours into medical record abstraction form and use the drop down box to eliminate the minute field – e.g. 04/05/11, 9:--AM
- Treat the transfer and enrolling hospital care as one continuous event. When recording the first vital signs, first EKG, and the first lab results, you should use the first results obtained on the patient.
- Capture all angina symptoms recorded in the medical record. Patients may describe these symptoms using different terminology with different care providers. Please capture them all so that we have a clear picture of the clinical presentation.
- Only remove direct identifiers (names, address, MRN, SSN) from hospital records. Do not remove identifiers from the VIRGO interview forms, medical record abstraction forms, or consent forms

"capture every symptom...so that we have a clear picture of the clinical presentation..."

— Mary Geda, VIRGO Coordinator

VIRGO Sites Went Red: Feb. 4, 2011

VIRGO sites across the country wore red to support National Wear Red Day and the **Go Red for Women** movement.

VIRGO Site #016

Cedars-Sinai Heart Institute, CA



VIRGO sites across the country wore red to support National Wear Red Day and the Go Red for Women movement. “More women die of cardiovascular

of the fight against the No.1 killer of American women. We touched base with our family of VIRGO sites to see how they celebrated this worthy cause.

“...only 1 in 5 women believe that heart disease is her greatest health threat”

– Lauren Fielder, American Heart Association

disease than the next four causes of death combined, including all forms of cancer. Yet, only 1 in 5 women believe that heart disease is her greatest health threat,” said Lauren Fielder, Marketing Manager, American Heart Association (AHA). Go Red for Women strives to raise awareness

of the fight against the No.1 killer of American women. We touched base with our family of VIRGO sites to see how they celebrated this worthy cause.

Winthrop University Hospital, NY (Site#215) celebrated with a ‘Dance for

PI, C. Noel Bairey Merz MD and the team from Cedars-Sinai Heart Institute (Site#016) celebrated their fifth

annual Marlene Wald Memorial National Wear Red Day with a lunch and a lecture by Dr. Chrisandra Shufelt with nearly 200 attendants.

your Heart’ event on February 12 with nearly 100 attendants. Dr. Kevin Marzo presented a lecture on health benefits of exercise in women. Interestingly, a survey of participants revealed that 75% were motivated to make a change or seek medical consultation – great work Winthrop University Hospital!

Dr. Anil Shah and the team from St. Elizabeth’s Hospital, IL (Site#208) celebrated in the month of February with several public events including an art exhibition and a fair showcasing heart healthy cooking demonstrations to raise awareness of heart disease.

VIRGO Site #208



Local teacher, Debbie Raboin, O'Fallon Township High School displaying art from her class of high school students



St. Elizabeth's Hospital, IL celebrates National Wear Red Day



St. Elizabeth's Hospital
go red!

VIRGO Site #047



Lina Hamilton and Valerie Carroll, RN, Cardiac Rehabilitation – Northshore University Health System



John Schub, Coordinator Jean Skelskey, RN and Deanna Close, MS, Cardiopulmonary Rehab, Northshore University Health System



Annette Miller and Linda Winke, APN, C-NP, Northshore University Health System

VIRGO NEWS

VIRGO Site #251



Coordinator Erika A Falgout, RN, BSN,
Leonard J. Chabert Medical Center



Chantel Townsend, LPN; Ellen Gustafson, RN,
Pukar Ratti, MSHCM, FACMPE, Research Department



Denice Hebert, RN;
Marsha Falgout, LPN;
Claudia Dupre, CNA,
Angela Stewart, LPN,
Outpatient Surgery
Clinic

VIRGO Site #232



Team at St. Rita's
Medical Center, OH

Clerical Supervisor and Outreach
Coordinator, Sheri Thomas and
Coordinator, Teresa Kneue, RN, BSN



To get involved, visit <http://www.goredforwomen.org/getInvolved.aspx> or befriend Go Red for Women on Facebook (www.facebook.com/GoRed).

Welcome Aboard

Jing Wang, RN, Latosha Williams, RA, Baylor Research Institute, TX (Site#110)

Tarek Alansari, MD and Sana Shah, MD, Cardiovascular Clinical Research Center, NY (Site#150)

Jill Wilder, MS, John Clancey, BS and James Smith, MS, New Hanover Regional Medical Center, NC (Site#171)

Joann Marks, RN, BSN, St. Joseph's Medical Center, CA (Site #180)

Joan Holloway, BS, CCRC, Georgia Health Sciences University (Site#192)

Shari Wiley, RN, MSN, St Mary's Medical Center, VA (Site#212)

Deanna Ravenscraft, BSEE, MSEE, University of North Carolina at Chapel Hill, NC (Site#233)

Brad Clark, MA, University of Kansas Hospital, KS (Site#250)

Variation In Recovery: Role of Gender on Outcomes of Young AMI Patients

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Yale SCHOOL OF MEDICINE

Congratulations

Anita Kelsey, MD, FACC, FASE, Director of Echocardiography from St. Francis Hospital and Medical Center, CT (Site#149) – recipient of the Heart of Gold Award for her tireless support of women's health in Connecticut. The Heart of Gold Award is awarded annually in recognition of an individual's outstanding effort to advance the **Go Red for Women** movement in their local community. Founded by the American Heart Association (AHA), **Go Red for Women** strives to raise awareness of the fight against heart disease in American women.

“Every young woman should know her numbers, this knowledge can empower them to take necessary steps to reduce their cardiovascular risk,” said Dr. Anita Kelsey, who received her undergraduate degree and cardiology training at Duke University and received her medical degree, internship and residency training at the University of Connecticut. More recently, Dr. Kelsey has established the Philip's Women's Heart Program at the Hoffman Heart and Vascular Institute at St. Francis Hospital that helps women understand and identify their cardiac risk factors and make necessary lifestyle changes.

During her 13 years of service to the AHA, serving as President of the Northern Connecticut AHA Board of Directors and as a volunteer, Dr. Kelsey has shared her knowledge at numerous speaking engagements and events. As Medical Director of the free program – Philip's Women's Heart Program, Dr. Kelsey advances the mission of **Go Red for Women** and has been honored with billboards announcing her Heart of Gold Award along Interstate 84 and 91 (pictured).



Mary Geda, VIRGO Coordinator, Claudia Carvajal with Alexander, and Amy Browning, Yale Follow-up Center

Claudia Carvajal, BA from the Yale Follow-up Center and her husband, Mark Andrew Moore on the birth of Alexander Walker Moore (8 lbs 6oz) on 02/15/11.

Corena M. Wiechert, RN from Bryan LGH Heart Institute (Site#009) on the birth of Saryn Harlee Wiechert (5lbs 12 oz) on 12/29/10.

Kate Sideman, RN, BSN from Georgia Health Sciences University (Site#192) on her retirement. We wish Kate all the best.