



2020 LEAD Capstone Poster Session

“How to Build an Adrenal Center of Excellence at UT Southwestern Medical Center”

Oksana Hamidi, D.O.

Assistant Professor

Division of Endocrinology and Metabolism



Abstract

- Adrenal tumors are common, with a prevalence of 5-10% among adult patients.
- Yet, at present there is no dedicated multidisciplinary program for patients with adrenal tumors at UT Southwestern.
- Establishing an Adrenal Center of Excellence with a trifold mission of patient care, research and education is paramount



Objectives

- Create a coordinated plan with interested departments for multidisciplinary clinical care of patients with adrenal tumors
- Identify areas of perceived need in education for medical students, resident and fellows in the area of adrenal tumors
- Expend clinical and translational adrenal research at UT Southwestern
- Enhance UT Southwestern's reputation for excellence in adrenal education and research



Background Information

- Nearly 4 million people are diagnosed with adrenal tumors each year in the United States
- 15-30% are hyperfunctioning
- 10% are malignant
- At present, there is no designated clinical and research program for patients with adrenal tumors at UT Southwestern



Aims

- Establish a multidisciplinary adrenal clinic and interdepartmental collaboration to enhance care of patients with adrenal tumors
- Identify educational deficiencies among trainees and provide small group and individual teaching sessions and lectures
- Build clinical and translational research program with a variety of investigator- and sponsor-initiated clinical trials and studies
- Enhance multicenter national and international research collaboration



Project Plan

- Patient care
 - Dedicated adrenal clinic with close collaboration with Endocrine Surgery, Radiology, Pathology, and Genetics Departments
 - Multidisciplinary adrenal case conference
 - Collaboration with Radiology Department at UT Southwestern to optimize identification and referral for evaluation of adrenal tumors



Project Plan

- **Education**
 - Development of targeted curriculum for trainees
 - Lectures and small group discussions on adrenal topics for medical students, residents, and fellows
 - Offer an elective rotation in Adrenal Clinic for high-yield learning experience
 - Lectures and presentations at regional, national and international conferences and meetings



Project Plan

- Research
 - Activation of clinical trials for adrenal tumors
 - Development of clinical research projects
 - Joining A5 Adrenal Alliance for multicenter national and international research collaboration



Application of What You Learned at LEAD

- Understanding personal traits and preferences (DISC assessment)
- Strategic planning and vision to create a meaningful and impactful project
- Leadership skills and team building
- Communication and negotiation strategies to promote the need for adrenal center of excellence
- Stakeholder analysis for joining A5 Adrenal Alliance
- Seeking mentorship for creating a platform for clinical research



Proposed Budget

- Protected time (0.4 FTE) for research and educational activities
- Clinical research coordinator support for conducting clinical research trial and projects (0.5-1 FTE)
- Research manager support (0.3 FTE)
- Statistical and library support
- Support to join A5 Adrenal Alliance
- CME funding for participation in meetings and conferences



Innovation and Significance

- First and so far only Adrenal Center of Excellence in North Texas
- Providing excess to frontline clinical care, education and research for patients with adrenal tumors
- Enriching scientific knowledge
- Enhancement of UT Southwestern's reputation as Adrenal Center of Excellence
- National and international research collaboration and recognition



References

- Fassnacht M, Arlt W, Bancos I, Dralle H, Newell-Price J, Sahdev A, Tabarin A, Terzolo M, Tsagarakis S, Dekkers OM. Management of adrenal incidentalomas: European society of endocrinology clinical practice guideline in collaboration with the European network for the study of adrenal tumors. *Eur J Endocrinol*. 2016 Aug 1;175(2):G1-34.
- Mantero F, Terzolo M, Arnaldi G, Osella G, Masini AM, Ali A, Giovanetti M, Opocher G, Angeli A 2000 A survey on adrenal incidentaloma in Italy. *J Clin Endocrinol Metab* 85:637–644
- Rossi R, Tauchmanová L 2001 Metabolic abnormalities in patients with adrenal incidentaloma. *J Clin Endocrinol Metab* 86:951–952
- Bovio S, Cataldi A, Reimondo G, Sperone P, Novello S, Berruti A, Borasio P, Fava C, Dogliotti L, Scagliotti GV, Angeli A. Prevalence of adrenal incidentaloma in a contemporary computerized tomography series. *Journal of endocrinological investigation*. 2006 Apr 1;29(4):298-302.
- Nieman LK. Approach to the patient with an adrenal incidentaloma. *The Journal of Clinical Endocrinology & Metabolism*. 2010 Sep 1;95(9):4106-13.