

MIRROR NEWSLETTER

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MISSION

To advance musculoskeletal injury (MSI) rehabilitative care and capacity building within the military health system and reduce the burden of MSI on military readiness.

VISION

To be the world's leader in military-relevant MSI care.

ABOUT Us

Musculoskeletal Injury Rehabilitation Research for Operational Readiness (MIRROR) delivers high value research, education, and training, and provides infrastructure to rapidly execute clinically relevant MSI studies within the Military Health System (MHS). MIRROR supports a broad scope of projects, including epidemiological investigations, pilot trials, and prospective randomized multisite clinical trials, which will enhance the Department of Defense's (DoD) efforts in addressing the negative impact that MSI is having on the military.

RECENT HIGHLIGHTS

MIRROR Accomplishments!

- ▶ We are excited to announce that five projects have received IRB approval at their primary sites! Thank you for your continued hard work and patience through the regulatory approval process.
- ▶ Congratulations to Dr. Michael Crowell and the Project #13 team for enrolling their first participant at Keller Army Community Hospital!
- ▶ The MIRROR team submitted two abstracts to the 2020 Extremity War Injuries (EWI) Symposium: "Establishing the Musculoskeletal Injury Rehabilitation Research for Operational Readiness (MIRROR)" and "Data and Analytics Infrastructure to Advance Musculoskeletal Injury Rehabilitation Research."
- ▶ Congratulations to Drs. Michael Garrison and Brad Isaacson on the acceptance of their RESTORE preproposal entitled "A Randomized Controlled Trial Comparing the Addition of a Novel Running Training Program to Standard of Care for the Treatment of Patellofemoral Pain Syndrome."

MIRROR Core Office Opening – Rockledge Office Park

The MIRROR core team will be moving into a new office space in Bethesda, MD in November. We are excited to foster an even more centralized and collaborative environment in this new space.



NEW TEAM MEMBERS



Steven Cohen, MD

Dr. Cohen will be helping direct both our pain- and spine-specific research efforts for MIRROR and is already involved in several existing projects. Dr. Cohen is a familiar face in the military medical environment as a retired Colonel after 28 years of dedicated service with the U.S. Army, and we know he looks forward to continuing his relationship with the military and the care of the warfighter. His current roles include:

- ▶ Lead investigator of the NIH HEAL Initiative SKOAP trial: a \$16M funded effort to evaluate various treatments for knee osteoarthritis
- ▶ Professor of Anesthesiology & Critical Care Medicine, Physical Medicine & Rehabilitation, and Neurology at the Johns Hopkins School of Medicine
- ▶ Professor of Anesthesiology and Physical Medicine & Rehabilitation at the Uniformed Services University
- ▶ Director of Pain Research at Walter Reed National Military Medical Center, the Blaustein Pain Treatment Center, and the American Academy of Pain Medicine

As an internationally renowned pain researcher and clinician, Dr. Cohen has received numerous awards and accolades throughout his career, including:

- ▶ The American Academy of Pain Medicine Founder's Award (2014)
- ▶ The American Society of Regional Anesthesia & Pain Medicine John J. Bonica Award (2014)
- ▶ The U.S. Military Legion of Merit (2015)



Jeff Sorensen, MSTAT

Mr. Sorensen is joining the MIRROR team as a biostatistician. He is a tremendous resource for statistical analyses and has years of experience supporting military medical investigators across the U.S. In addition to his role with MIRROR, he currently serves as a Senior Data Scientist for Cigna. We look forward to working with Mr. Sorensen and utilizing his valuable skillset!

FOCUS AREAS

- 1) Identification, prevention, and treatment of MSI risk factors and comorbid disorders.
- 2) Optimization of standard of care practices for the treatment and rehabilitation of MSI injuries.
- 3) Establishment of strategies to mitigate injury occurrence.
- 4) Application of new technologies in preventative and rehabilitative care.

QUESTIONS?

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REMINDERS

- ▶ **Share your updates and activities!** In an effort to highlight the accomplishments of our projects and collaborations, the MIRROR team would like to ask you to share your accomplishments with us. Such activities include but are not limited to: accepted publications, invited speaking engagements or presentations, conferences, and trainings. Please look for our REDCap survey in the near future and instructions from our Data & Analytics Manager, Mr. Brock Heller.
- ▶ **External communications** (e.g. publications, press releases, abstracts, posters) will require Public Affairs Office approval from the Uniformed Services University (USU). Please remind your internal teams that external communications must first be provided to Mrs. Linzie Wagner and Dr. Brad Isaacson prior to externally releasing.
- ▶ **Regulatory Modifications** (e.g. changes to personnel, protocol and/or consent documents, data collection forms, etc.) should be submitted to Whitley Lucio **PRIOR** to sending to your IRB.

UPCOMING EVENTS – Questions about the following events can be sent to Sydney West (sydney.west.ctr@usuhs.edu)

Extremity War Injuries Symposium (EWI) – January 21-22, 2020

Let us know if you plan to attend this event in Washington, DC. We would love to say hello!

Tri-Service Post-Op Rehab. Protocol Development Conference – January 23, 2020

The MIRROR team will be hosting the Tri-Service Post-Op Rehabilitation Protocol Development Conference in Bethesda, MD on Thursday, January 23, 2020.

Annual MIRROR Team Meeting at USU – March 20, 2020

We are excited to host the MIRROR Annual Meeting at USU on March 20th, 2020. Keep an eye out for more information about this event, as it will be an important gathering of all MIRROR team members. Our core team will be reaching out in the near future to assist with travel arrangements.



CORE TEAM CONTACT LIST

The MIRROR core team is available to assist with any project or programmatic needs that may arise. Please do not hesitate to reach out to any one of us!

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