# Cedars-Sinai Research Internship Program
## Request for a Research Internship Opportunity

### 1. Department Information

**Department:** Medicine  
**Area/Division/Lab (if applicable):** Research Center for Health Equity  
**PI/Mentor:** Sarah-Jeanne Salvy, PhD  
**Research Type:** Clinical Research

### 2. Internship Details

**Term:** 2018-19  
**Spring; Summer; Fall or All:** All  
15 hours per week during academic year; 40 hours per week in the summer  
**Number of Internships Available:** 1  
**Track:** Paid*  
**Pay Rate (if applicable)*:** $15.00-20.00/hour  
* Current minimum wage is $12.00/hr. Starting July 1, 2018, minimum wage will increase to $13.25/hr.  
**Level of Education Preferred:** Undergraduate, Graduate, Medical

**How will the candidate be identified?**  
☒ Post on Website  
☐ Pre-identified

**Requested Start Date:** 1/14/2019  
**Requested End Date:** 12/31/2019

### 3. Overview of Research Area/Mentor

Outstanding internship opportunities exist in the Cedars Sinai Research Center for Health Equity (RCHE) to gain knowledge and experience in clinical research related to obesity, diabetes and cancer. RCHE aims to conduct research and community outreach to reduce health disparities in underserved populations. Within the Research Center for Health Equity, Dr. Sarah-Jeanne Salvy is the Principal Investigator of several funded clinical and community-based research projects focusing on (1) Scalable, sustainable and cost-effective obesity interventions and prevention programs; (2) Social determinants and social regulation of behavioral and physiological markers; and (3) Intergenerational transmission of health and disease risks and family-centered interventions. We seek to fill at least two intern positions to help develop and implement nutrition and physical activity intervention trials that address obesity, diabetes and cancer disparities.

Cedars-Sinai is an exceptional environment in which to conduct translational research. The Cedars-Sinai Health System is among the nation’s leading providers of healthcare services, medical education, and medical research, with total annual revenues of $3.3 billion. We have a large research enterprise, comprising more than 1,500 research projects and a robust technology transfer portfolio, as well as highly sought-after training programs, including more than 400 medical residents and fellows. Cedars-Sinai is widely known for its national leadership in transforming healthcare for the benefit of patients.

### 4. Internship Summary

Provide a brief summary of the internship: *(e.g. This internship will provide...) if possible include specific project, and the skills or techniques.*  
The goal of the internship project will be to gain knowledge and experience in clinical research related to obesity, diabetes and cancer. Specifically, the intern will be involved in one or more ongoing funded projects focusing on a variety of topics including: intergenerational transmission of obesity, implementation of behavioral nutrition and physical activity interventions in diverse populations, manualization of diabetes treatment manuals, implementation of an e-health (phone app) obesity intervention in adolescents, and/or intermittent fasting in cancer.
With close supervision and guidance of the Principal Investigator (Dr. Sarah-Jeanne Salvy) and the Clinical Research Coordinator, the intern will learn the steps of developing and implementing clinical and community-based research. Successful completion of the project is expected to result in at least one peer-reviewed publication and/or poster presentation. The intern will engage in a broad spectrum of clinical and community research activities, including development of study protocols, assessment protocols and intervention materials, conduct data analysis and summary statistics and writing of scientific presentations and publications. At the initiation of the project, the intern will meet with Dr. Salvy to outline a timeline, mentoring plan, and set milestones for assessing ongoing progress. Dr. Salvy will continue to meet monthly to monitor progress and facilitate ongoing learning goals. The intern will also meet with Dr. Salvy and the research team during weekly formal meetings to plan for ongoing activities. The intern is expected to spend a minimum of six (6) months and preferably 12 months engaged in research-related activities. Ideally, the intern will work on research related activities 15 hours per week during academic year and 40 hours per week in the summer. Dr. Salvy will provide background literature and engage in one-on-one discussions to familiarize the intern with the clinical significance of the project. Further, a formal poster presentation of the project will be given at a CSMC sponsored research event coinciding with the completion of the project/internship. Progress reports to the intern’s scholarly institution will be completed by the intern and Dr. Salvy as requested. Progress will be evaluated by (1) Effort (hours attended relative to hours committed), (2) completion of milestones, (3) improved technical proficiency and increased independence, (4) improved scientific communication skill.

5. Internship Goals and Objectives
Specify the goals and objectives of what the intern will learn during the course of the research internship. (e.g. At the end of the internship, the intern will be able to...)

1. Understand the research process at an academic institution and research design and clinical trial implementation in the real world.

2. Understand the development of clinical research material such as intervention manual and manual of procedure.

3. Understand the Institutional Review Board (IRB) process and learn to develop IRB protocols.

4. Perform study assessments including anthropometric measurements (height and weight) and administration of surveys to human research subjects already consented and enrolled in studies.

5. Understand concepts of data analysis and statistics to determine appropriate tests used for the design of the study.

6. Perform literature searches and review articles to understand the area of research, study background, and to gain a sense of appropriateness and scope of the proposed research study.

7. Effectively communicate the research project through talks and poster presentations.
# 6. Intended Activities and Timeline

Provide an intended curriculum detailing the activities and timeline through which each of the goals and objectives identified above will be met. Please attach a separate Word document if additional space is needed: (e.g. Weeks 1-2 cover X..., Week 3 covers Y..., Weeks 4-6 cover Z...)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Select Weeks or Months for timeline below depending on internship duration:</th>
<th>1-2</th>
<th>3-4</th>
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<tbody>
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<td>2. Clinical research concepts and techniques</td>
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<td>3. Development of clinical research materials</td>
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<td>4. Help conduct study assessments and scheduling participants</td>
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<td>5. Perform literature searches and read scholarly papers.</td>
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<td>6. Presentation prep (lab meetings, poster day)</td>
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# 7. Education and Experience Requirements

- Must be 18 years of age or older.
- Must be available to attend the mandatory full-day of orientation.
- Selected candidate will be required to provide evidence they are eligible to work or intern in the US.
- Ability to read and comprehend written and verbal instruction in English.
- Ability to function in a team environment and use interpersonal skills to communicate effectively.
- Computer skills including Excel and Word.
- Able to sit, stand, and walk for prolonged periods of time.
- Ability to exercise physical ability and perspective acuity to satisfactorily perform essential functions.