

From Pilot to Publication: The Lifecycle of Cancer Prevention Research

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Funded by CHW under the Internships in Global Health program

Introduction

- Rutgers CINJ Cancer Prevention and Control Research aims to:
 - Develop and implement interventions to assess and reduce populations' risk of developing certain cancer
 - Improve survivorship outcomes and experiences

Objective of Internship

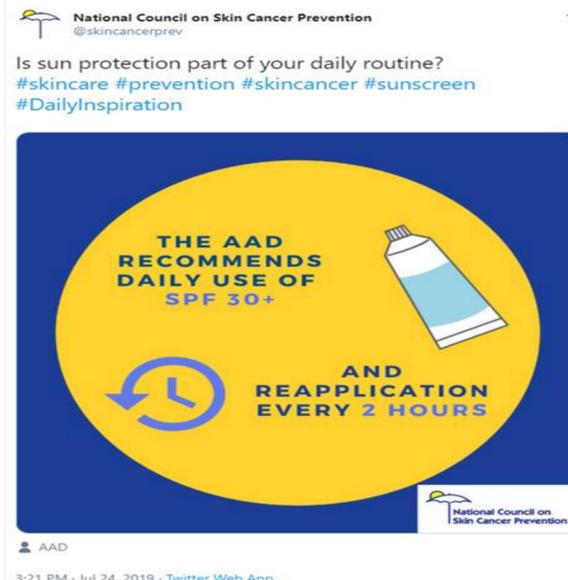
This internship provided the opportunity to assist with behavioral research, primarily focusing on skin cancer, at all developmental time points. Thus, I experienced the "lifecycle" of a study's implementation, from pilot research to literature publication.

Work profile

- Performed literature searches and review, including assisting in a peer review process.
- Conducted one-on-one phone calls with participants in the recruitment process.
- Designed messaging used in online social media campaigns and interventions.
- Conducted quality assurance checks for both qualitative and quantitative data.

Reflection

- As New Jersey's only nationally designated comprehensive cancer center, Rutgers CINJ fulfills a desperately needed role in providing interventions to reduce cancer risk across New Jersey and the entire country.
- Rutgers CINJ Cancer Prevention and Control researchers publish the strategy, design, and outcomes of various interventions, often focusing on skin cancer.



- In some instances, I was involved in brainstorming the logistics of pilot studies. Other days, I assisted in participant recruitment, administered follow-up calls with patients with a past history of skin cancer, conducted quality assurance checks of quantitative and qualitative data, and designed educational messaging for social media campaigns and online interventions.



- Skin cancer is the most common cancer in the United States, yet it is often entirely preventable. Thus, there is a great need for interventions that help individuals realize their own risk and develop healthy habits to combat this risk.
- Interventions administered range from specialized Facebook groups, to individually-tailored website modules, to partner-based education and goal setting.
- I was able to observe the "lifecycle" of this research, as I was given the opportunity to participate on several different studies, all in different developmental stages.

Looking ahead

I hope to attend medical school and become a pediatric oncologist. The communication skills and principles of sensitivity to patient experience I gained this summer will not only assist me in completing my goal but will also benefit my future patients.

Questions

- How can researchers better combat individuals' indifference towards sun protection in favor of appearance (i.e. developing tans) in order to develop sustained healthy habits?
- How can interventions be designed to be even more individualized yet retain the ability to produce generalizable results?

Conclusion

- Rutgers CINJ Cancer Prevention and Control research is holistic in their approach to cancer research, intervening both before cancer development and after treatment to reduce one's risk.

Acknowledgements

I would like to thank Rutgers CINJ Cancer Prevention and Control Research, Dr. Manne, Dr. Heckman, Dr. Coups, Sara Frederick, Mary Riley, Carolina Lozada, and Joseph Gallo. This summer would not have been possible without the generous funding of CHW.