



Photo top: (L to R) Floor Zegers, Bente Mertz Nørgård, Rahul Dalal, Ken Lund, Sonia Friedman

I was honored to receive the 2022 ACG North American International GI Training Grant to spend four weeks at Odense University Hospital (OUH), University of Southern Denmark. Denmark, which has a universal healthcare system, maintains inpatient and ambulatory data prospectively on all patients since the 1990s in national healthcare registries. This provides a rich resource for studying longitudinal healthcare outcomes for a variety of diseases. My clinical and research interests are in the field of inflammatory bowel diseases and I have specific interests in IBD complications associated with analgesic therapies. I therefore conducted a population-based study that compared complications associated with the use of tramadol, versus opioids, among adults with IBD.

I had an incredibly productive and educational experience working with the team led by Dr. Bente Mertz Nørgård at the Center for Clinical Epidemiology at OUH. During my first two weeks, I had daily meetings with biostatisticians and epidemiologists to develop and refine the study design that would answer my specific research questions. I spent much of my time writing and revising our protocol, as well as reviewing and analyzing preliminary data. During the latter two weeks of my stay, I designed a number of sensitivity analyses that strengthened the integrity of our results. I was able to complete

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a full-length manuscript that we plan to submit for peer review. I now have a much better understanding of the research methods that are best suited for data obtained from nationwide registries.

During my time in Denmark, I was also fortunate to spend time on the outpatient and inpatient gastroenterology units at OUH. This allowed me to observe healthcare delivery in a system completely distinct from my own, which will help me bring a new perspective to the care I provide to my own patients.

I am so thankful to the American College of Gastroenterology for making this international experience possible. I am also grateful to my mentors and collaborators at The Center for Clinical Epidemiology at OUH (Dr. Bente Mertz Nørgård and Dr. Ken Lund, Dr. Floor Zegers, and Dr. Susanne Møllerstrøm) and my local mentor Dr. Sonia Friedman at The Brigham and Women’s Hospital for helping me plan and execute this important research project.



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