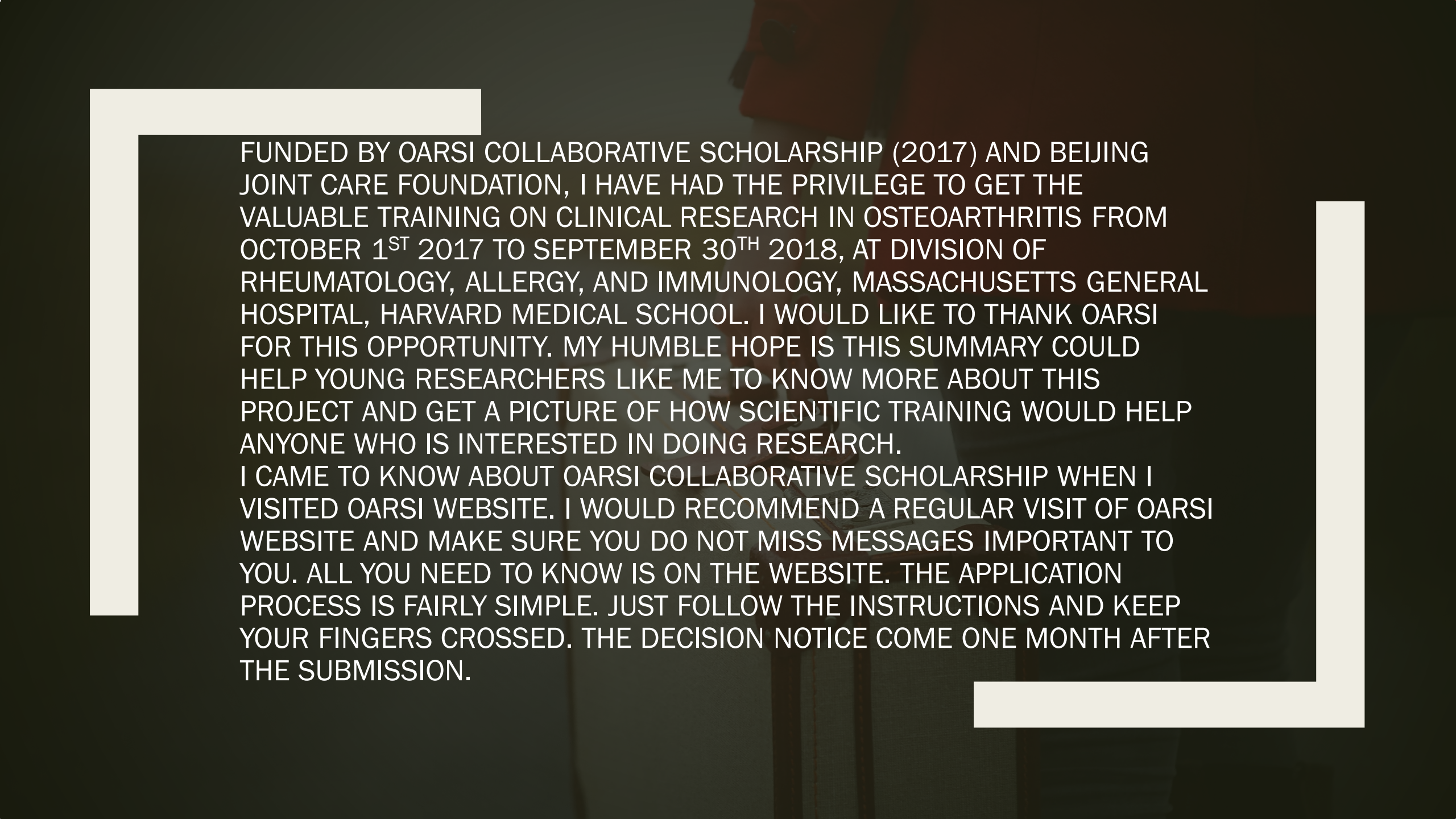




Project summary: OARSI
Collaborative Scholarship (2017)

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A person wearing a white lab coat is shown in profile, looking at a laptop screen. The background is dark, and the person's face is partially visible in shadow. The text is overlaid on this image.

FUNDED BY OARSI COLLABORATIVE SCHOLARSHIP (2017) AND BEIJING JOINT CARE FOUNDATION, I HAVE HAD THE PRIVILEGE TO GET THE VALUABLE TRAINING ON CLINICAL RESEARCH IN OSTEOARTHRITIS FROM OCTOBER 1ST 2017 TO SEPTEMBER 30TH 2018, AT DIVISION OF RHEUMATOLOGY, ALLERGY, AND IMMUNOLOGY, MASSACHUSETTS GENERAL HOSPITAL, HARVARD MEDICAL SCHOOL. I WOULD LIKE TO THANK OARSI FOR THIS OPPORTUNITY. MY HUMBLE HOPE IS THIS SUMMARY COULD HELP YOUNG RESEARCHERS LIKE ME TO KNOW MORE ABOUT THIS PROJECT AND GET A PICTURE OF HOW SCIENTIFIC TRAINING WOULD HELP ANYONE WHO IS INTERESTED IN DOING RESEARCH.

I CAME TO KNOW ABOUT OARSI COLLABORATIVE SCHOLARSHIP WHEN I VISITED OARSI WEBSITE. I WOULD RECOMMEND A REGULAR VISIT OF OARSI WEBSITE AND MAKE SURE YOU DO NOT MISS MESSAGES IMPORTANT TO YOU. ALL YOU NEED TO KNOW IS ON THE WEBSITE. THE APPLICATION PROCESS IS FAIRLY SIMPLE. JUST FOLLOW THE INSTRUCTIONS AND KEEP YOUR FINGERS CROSSED. THE DECISION NOTICE COME ONE MONTH AFTER THE SUBMISSION.

I finished a one-year training as a post-doc fellow under the supervision of Prof. Yuqing Zhang. My major project was “Years lived with disability for knee osteoarthritis among Chinese elderly” aiming to estimate the national burden of knee osteoarthritis in China. With Prof. Zhang’s guidance, I successfully applied the same approaches as Global Burden of Diseases Study and published my work in *Osteoarthritis and Cartilage* (2018;26(12):1636-42). I got a better understanding of the concept, statistical methods and significance of burden of disease. Thanks to the high visibility of *Osteoarthritis and Cartilage*, this work has won me the opportunities to give presentations on several important conferences in China.

I learnt a lot about the general principles of epidemiology and several epidemiologic methods on studies of risk factors for knee osteoarthritis and its sequelae. For example, I finished reading the book “Epidemiology: An introduction” by Dr. Kenneth Rothman which I found to be quite nutritious and enjoyable. I took the advantages of a within-person knee-matched case-control approach to study the risk factors of knee pain exacerbation with walking. The abstract (# 913) was accepted as an oral presentation in ACR Annual Meeting 2018. I have also actively taken part in such as journal club, research seminar and paper review. These academic activities helped me to ask the right question, to write the right words and connected me to collaborators and researchers.

From the perspective of a clinician researcher, such a training is substantially beneficial. My interest and confidence in doing research have only grown. I truly appreciate OARSI’s work in connecting young investigators to internationally recognized centers and mentors, as well as the financial support. I enjoyed the time in Massachusetts General Hospital, Harvard Medical School. I would like to thank my mentor, Prof. Yuqing Zhang, who has taught me so much. I’d also like to thank Prof. Jianhao Lin for supporting my training.