



# ASPREE Clinical Research

## Irene Jayesh, Public Health, Spring 2022

Intellectual  
Achievements  
and Research

### SUMMARY

I was a clinical research assistant at UT Health San Antonio. I worked on multiple research including ASPREE, which tested for the correlation between Aspirin and Dementia in the elderly. My PI, Dr. Espinoza introduced me to different aspects of research and set me up with a great team of research coordinators. I was part of the follow up team as part of Phase 2 of the research, which allowed me to conduct cognitive and physical tests on elderly patients who might have been given aspirin in the initial research. I worked with the research team to get certified in order to perform these tests. I started this experience to get some research experience for medical school. But over time realized I do have a passion for research as well as medicine.



### SPICES

This relates to the Intellectual Achievement and Research part of the SPICES because I was able to do research on a topic that I was interested in and the knowledge and intellect I received from this experiment will continue to guide my medical journey.

### HERBS

While working on this project, I had to be honorable because I was working with a demographic that was often forgotten about and neglected. The research and the cognitive tests performed also had to be equitable.

### LEARNING OUTCOMES

From this experience, I had learned so many valuable lessons and skills. I learned to communicate effectively, because conducting test and appointments can take up to 3 hours and it's important that the patient is comfortable. I also developed my Team Learning skills because it was vital that I work closely with the group of research coordinators and PI. Ethical reasoning is also important in this experience since it is important that I treat patients ethically correct and honor patient/researcher confidentiality.

### IMPACT

This project had a great impact on the community, because it showed that there was no correlation between aspirin intake and prevention of dementia. While doing the follow up, meeting with different patients had a great impact because it allowed us to reconnect and reexamine them. This opportunity has impacted me because it made me realize that I want to do MD/PHD. It has also helped me develop clinical skills. Working in close proximity with many of the health care providers has helped me build stronger connections.

### ADVICE

Find research faculties through UTSA or UT Health websites and email them. Make sure your email shows a good understanding of their research. Most of them are willing to make you part of their team.

