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Uncovering the evidence for evidence-based medicine

Meet Epsilon

Gail L. Kongable, RN, MSN, FNP Vice President of Research Analytic Services

Gail received her Nursing Degree from St. Luke's Hospital School of Nursing, Cedar Rapids, Iowa; Bachelors in Nursing Science from Coe College, Cedar Rapids, Iowa, and her Master of Science in Nursing, NeuroPsychiatric Clinical Nurse Specialist, and Family Nurse Practitioner degrees from the University of Virginia, Charlottesville, Virginia. Her clinical and academic appointments include:

1975-1976

Staff Nurse, Department of Nursing, Division of Surgery, Neurosurgery, University of Missouri Medical Center, Columbia, MO

1976-1978

Head Nurse, Department of Nursing, Division of Surgery, Neurosurgery, Orthopedics, and Vascular Surgery, University of Missouri Medical Center, Columbia, MO

1978-1981

Nurse Clinician III, Supervisor, Department of Nursing, Division of Neuroscience, University of Iowa Hospitals and Clinics. Supervised four 25 bed units

1981-1983

Nurse Clinician II, Head Nurse ICU Department of Nursing, Division of Intensive Surgery Service, Surgical Intensive Care Unit, University of Iowa Hospitals and Clinics. 25 beds

1983-1986

Clinical Nurse Specialist, Division of Neurosurgery, Department of Surgery, University of Iowa Hospitals and Clinics, Iowa City, IA

1986-1990

Research Clinical Director, NeuroClinical Trials Center, University of Virginia Health Systems

1991-1999

Assistant Professor Research, School of Medicine, Department of Neurological Surgery, University of Virginia Health Sciences Center, and Virginia Neurological Institute, Charlottesville, Virginia

1999-present

Associate Professor Research, jointly appointed to Departments of Neurological Surgery and Neurology, University of Virginia Health System. (Unpaid clinical faculty)

2000-present

Certified Family Nurse Practitioner, Family Medicine of Albemarle, Charlottesville, Virginia

2001-present

Executive Vice President, Research and Analytic Services, The Epsilon Group, Virginia, LLC

Honors and Awards

- Genetech Inc. Independent Scientist Award - Stroke Public Education, 1988

Memberships

- American Association of Neuroscience Nurses
- American Association of Nurse Practitioners
- American Association of Neurological Surgeons
- American Heart Association Stroke Fellow
- American Diabetes Association, Clinical Associate

Peer Reviewed Papers

1. N.F. Kassell, J.C. Torner, E.C. Haley, Jr., J.A. Jane, H.P. Adams, G.L. Kongable: The International Cooperative Study on the Timing of Aneurysm Surgery: I. Overall Management Results. *Journal of Neurosurgery*, 73:18-36 1990.
2. H.P. Adams, N.F. Kassell, D.J. Boarini, G.L. Kongable: The Clinical Spectrum of Aneurysmal Subarachnoid Hemorrhage, *J Stroke Cerebrovasc Dis* 1:3-8; 1991
3. E.C. Haley, Jr., D.E. Levy, T.G. Brott, G.L. Sheppard, M.C. Wong, G.L. Kongable, J.C. Torner, J.R. Marler: Urgent Therapy for Stroke, Part II: Pilot Study of Tissue Plasminogen Activator Administered 91-180 Minutes From Onset. *Stroke*, 23 (5): 641-5; 1992.
4. T.G. Brott, E.C. Haley, Jr., D.E. Levy, W. Barson, J. Broderick, G.L. Sheppard, J.L. Spilker, G.L. Kongable, S. Massey, W. Reed: Urgent Therapy for Stroke, Part I: Pilot study of tissue plasminogen activator administered within 90 minutes. *Stroke*. 23 (5): 632-40; 1992.
5. E.C. Haley, Jr., T.G. Brott, G.L. Sheppard, W. Barsan, J. Broderick, J.R. Marler, G.L. Kongable, J. Spilker, S. Massey, C.A. Hansen, J.C. Torner: Pilot Randomized Trial of Tissue Plasminogen Activator in Acute Ischemic Stroke. *Stroke* 24:1000-1004; 1993.
6. G. Lanzino, G.L. Kongable, N.F. Kassell: Electrocardiographic Abnormalities after Non-traumatic Subarachnoid Hemorrhage: A Review. *Journal of Neurosurgical Anesthesiology* 6(3):246-274; 1994.
7. G. Lanzino, M.E. Jensen, G.L. Kongable, N.F. Kassell: Angiographic Characteristics of Dural Arteriovenous Malformations that Present with Intracranial Hemorrhage. *Acta Neurochirurgica (Wien)*129:140-145 1994.
8. N.J. Solenski, E.C. Haley, Jr., N.F. Kassell, G.L. Kongable, T. Germanson, L. Truskowski, J.C. Torner: Medical Complications of Aneurysmal Subarachnoid Hemorrhage: A report of the Cooperative Aneurysm Study. *Critical Care Medicine* 23(6):1007-1017, 1995.
9. J.M. Findlay, N.K.Kassell, B.K.A.Weir, G.L. Kongable, E.C.Haley Jr., T.Germanson, L Truskowski et al.: A Randomized Trial of Intraoperative, Intracisternal Tissue Plasminogen Activator for the Prevention of Vasospasm. *Neurosurgery* 37(1):168-178,1995.
10. The National Institute of Neurological Disorders and Stroke rt-PA Stroke Study Group: Tissue Plasminogen Activator for Acute Ischemic Stroke. *The New England Journal of Medicine* 333(158): 1-7, 1995.
11. G.L.Kongable, G. Lanzino, N.F.Kassell, T. Germanson, L Truskowski, J.Torner: Gender and Aneurysmal Subarachnoid Hemorrhage. *Journal of Neurosurgery*, 84(1): 43-48, 1996
12. G. Lanzino, N.F. Kassell, T. Germanson, G.L. Kongable, L. Truskowski, J.C. Torner, J.A. Jane: Age-Related Factors after Aneurysmal Subarachnoid Hemorrhage. *Journal of Neurosurgery*, 85:410-418,1996.
13. T.E.Bell, G.L.Kongable: Innovations in aneurysmal subarachnoid hemorrhage: Intracisternal t-PA for the prevention of vasospasm. *Journal of Neuroscience Nursing*, 28(2): 107-113, 1996.
14. G. Lanzino, A.H. Fergus, M.L.Jensen, G.L.Kongable, N.F.Kassell: Long-term outcome after surgical excision of Parenchymal arteriovenous malformations in patients over 60 years. *Surg Neurol* 47(3): 258-63, Discussion 263-4, 1997.
15. The NINDS rt-PA Stroke Study Group, A systems approach to immediate evaluation and management of hyperacute stroke: Experience at 8 centers and implications for community practice and patient care. *Stroke* 28:1530-1540, 1997.
16. G.L.Kongable, et all nursing paper series: rt-PA therapy for acute stroke: Nursing Implications. *AJN* 97(11)16BB-16HH, 1997. *J Neuroscience Nursing* 29(6): 351-396, 1997
17. B.K.A. Weir, G.L.Kongable, N.F.Kassell et al: Cigarette Smoking as a Cause of Aneurysmal Subarachnoid Hemorrhage and a risk for vasospasm: A Report of the Cooperative Aneurysm Study. *J Neurosurgery*, 89:405-411,1998.
18. T. Bell and G.L. Kongable, GK Steinberg: Protocols for Practice: Mild Hypothermia: An Alternative to Deep Hypothermia for Achieving Neuroprotection. *J Cardiovascular Nursing* 13(1): 34-44. 1998.

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19. The International Study of Unruptured Intracranial Aneurysms Investigators: Unruptured Intracranial Aneurysms- risk of rupture and risks of surgical intervention. *The New England Journal of Medicine* 339(24):1725-1733, 1999.
20. B.B.Worrall, K.G. Johnston, G.L. Kongable et al: Risk Factor Profiles and Stroke Subtypes of Women of the African-American Descent: Antiplatelet Stroke Prevention Study (AAASPS). *Stroke*, 33(4) 906-926, 2002.
21. B.A.K.Weir, C.Amidei, G.L.Kongable, J.M. Findlay et al: The Aspect Ratio (dome/neck) of Ruptured and Unruptured Aneurysms. *Journal of Neurosurgery*, 156(5): 405-11; 2003.
22. N.L.Harthun, G.L.Kongable, A.J.Baglioni et al: Examination of Sex as an Independent Risk Factor for Adverse Events After Carotid Endarterectomy. *Journal of Vascular Surgery*, 4(2):35-42, 2005.
23. D.Olaleye, M Kilhullen, G.Kongable, et al: Pharmacovigilance and Drug Safety Reporting Algorithms: Content and Process. *Pharmasug*, May 2005, 25-30.
24. N.L.Harthun, A.J.Baglioni, G.L.Kongable et al: Carotid Endarterectomy: update on the Gold Standard Treatment for Carotid Stenosis. *American Surgeon*, 71(8):647-51. 2005
25. E.Moghissi, G.L.Kongable, V Abad et al: Current State of Inpatient Diabetes and Care: Proceedings of the ACE Consensus Conference on Diabetes Care in Hospitals: 2006. *Endocrine Practice*: 2006; 12(suppl 3 add).
26. C Cook, G Kongable, D Potter et al. Inpatient glucose control: a glyceimic survey of 126 U.S. Hospitals. *J Hosp Med* 2009; 4(9):E7-E14.
27. C Cook, B Elias, G Kongable et al., Diabetes and Hyperglycemia Quality Improvement Efforts in U.S. Hospitals: Current Status, Practice Variation, and Barriers to Implementation. *Endo Pract.* 2010; 16(2):219-230.

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Susan Aitken Riddle, PE Senior Engineer

Susan received her B.S. in Civil Engineering in 1978 from the University of Virginia, Charlottesville, Virginia. Her previous positions and honors include:

- Design Engineer, RWA Environmental Group, San Diego, California
- Senior Design Engineer, Cox McKee Okerlund, Charlottesville, Virginia
- Senior Design Engineer, Cox Wassenaar Associates, Charlottesville, Virginia
- Senior Design Engineer, The Cox Company, Charlottesville, Virginia
- Managing Engineer, McKee Carson, Charlottesville, Virginia
- Principal Engineer, Consultant, Charlottesville, Virginia
- Ph.D. Studies, University of Virginia, Charlottesville, Virginia
- Principal Engineer, Consultant, Charlottesville, Virginia
- County Engineer, Greene County, Stanardsville, Virginia
- Director of Engineering, The Engineering Groupe, Charlottesville, Virginia
- Director of Engineering, Wassenaar Design Group, Charlottesville, Virginia
- Systems Engineer, The Epsilon Group, Charlottesville, Virginia

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Teresa P. Germanson, Ph.D President, Germanson Statistical Associates

Teresa received her B.A. in Mathematics from the University of Michigan, M.S. in Mathematics-Statistics from the University of Cincinnati, Ph.D. and in Statistics from the University of Virginia. She held the following positions:

1971-1973

Biomedical programmer, Division of Biostatistics, Washington University Medical School, St Louis, MO

1975-1977

Statistician-Lecturer, Department of Epidemiology, McGill University, Montreal, Canada

1978-1979

Statistician, Cancer Epidemiology Unit, University of Toronto, Toronto, Canada

1979-1981

Statistician, Department of Biostatistics, Princess Margaret (Cancer) Hospital - Cancer Institute, Toronto, Canada

1982-1987

Statistical Consultant, University of Toronto School of Medicine/Teaching Hospitals, Toronto, Canada

1987-1991

Statistician, Brain Injury Research Program, University of Virginia Health Sciences Center, Charlottesville, Virginia

1991-1996

Senior Biostatistician, NeuroClinical Trials Center, University of Virginia Health Sciences Center, Charlottesville, Virginia

1996-2001

Senior Biostatistician, Pharmaceutical Research Associates, Inc., Charlottesville, Virginia

2001-2004

President, Germanson and Associates, Charlottesville, Virginia

2004-present

President, Germanson Statistical Associates, Victoria, BC, Canada

Selected peer-reviewed publications (in chronological order).

1. N.F. Boyd, J.E. Campbell, T. Germanson, D.B. Thomson, D.J. Sutherland, and J.W. Meakin. "Body Weight and Prognosis in Breast Cancer." *Journal of the National Cancer Institute* 67(4) October 1981: 785-789.
2. N.F. Boyd, B. O'Sullivan, J.E. Campbell, E. Fishell, I. Simor, G. Cooke, and T. Germanson. "Mammographic Signs as Risk Factors for Breast Cancer." *The British Journal of Cancer* 45(2) February 1982: 185-193.
3. N.F. Boyd B. O'Sullivan, J.E. Campbell, E. Fishell, I. Simor, G. Cooke, and T. Germanson. "Bias and the Association of Mammographic Parenchymal Patterns With Breast Cancer." *The British Journal of Cancer* 45(2) February 1982: 179-184.
4. E.A. McCulloch, J.E. Curtis, H.A. Messner, J.S. Senn, T. Germanson. "The Contribution of Blast Cell Properties to Outcome Variation in Acute Myeloblastic Leukemia (AML)." *Blood* 59(3) March 1982: 601-608.
5. N.F. Boyd, B. O'Sullivan, J.E. Campbell, E. Fishell, I. Simor, G. Cooke, and T. Germanson. "Mammographic Patterns and Bias in Cancer Detection." *Radiology* 143(3) June 1982: 671-684.
6. M. Zorzitto, T. Germanson, B. Cummings, N.F. Boyd. "A Method of Clinical Prognostic Staging for Patients with Rectal Cancer." *Diseases of the Colon and Rectum* 25(8) November-December 1982: 759-765.

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7. J.V. Aranda, A. Portuguese-Malavasi, J.M. Collinge, T. Germanson, E.W. Outerbridge. "Epidemiology of Adverse Drug Reactions in the Newborn." *Developmental Pharmacology and Therapeutics* 5(3-4) 1982: 173-184.
8. L.A. Manchul, A. Jin, K.I. Pritchard, J. Tenenbaum, N.F. Boyd, P. Lee, T. Germanson, and D.A. Gordon. "The Frequency of Malignant Neoplasms in Patients with Polymyositis-dermatomyositis." *Archives of Internal Medicine* 145(10) October 1985: 1835-1839.
9. W.O. Spitzer, S. Suissa, L. Eastridge, S. Shenker, T. Germanson, R.A. Murdie, and A. S. MacPherson. "The Toronto Junction Triangle Health Study: a Response to a Community Health Emergency." *Canadian Journal of Public Health-Revue Canadienne de Sante Publique* 77(4) July/August 1986: 256-262.
10. H.E. Ross, F.B. Glaser, T. Germanson. "The Prevalence of Psychiatric Disorders in Patients with Alcohol and Other Drug Problems." *Archives of General Psychiatry* 45(11) 1988: 1023-1031.
11. T. Germanson. "Screening for HIV: Can We Afford the Confusion of the False Positive Rate?" *Journal of Clinical Epidemiology* 42(12) 1989: 1235-1237.
12. N.L. Lima, R.L. Guerrant, D.L. Kaiser, T. Germanson, B.M. Farr. "A Retrospective Cohort Study of Nosocomial Diarrhea as a Risk Factor for Nosocomial Infection." *Journal of Infectious Diseases* 161(5) May 1990: 948-952.
13. W.A. Cronin, T.P. Germanson, L.G. Donowitz. "Intravascular Catheter Colonization and Related Blood Stream Infection in Critically Ill Neonates." *Infection Control and Hospital Epidemiology* 11(6) June 1990: 301-308.
14. M.E. Shaffrey, R.S. Polin, C.D. Phillips, T. Germanson, C.I. Shaffrey, J.A. Jane. "Classification of Civilian Craniocerebral Gunshot Wounds: a Multivariate Analysis Predictive of Mortality." *Journal of Neurotrauma* 9 Supplement March 1992: S279-S285.
15. G. Lanzino, N.F. Kassell, T. Germanson, L. Truskowski, W. Alves. "Plasma Glucose Levels and Outcome after Aneurysmal Subarachnoid Hemorrhage." *Journal of Neurosurgery* 79 December 1993: 885-891
16. E.C. Haley, N.F. Kassell, J.C. Torner, L.L. Truskowski, T.P. Germanson. "A Randomized Trial of Two Doses of Nicardipine in Aneurysmal Subarachnoid Hemorrhage: a Report of the Cooperative Aneurysm Study." *Journal of Neurosurgery* May 1994: 788-796.
17. S.C. Choi, T.Y. Barnes, R. Bullock, T.P. Germanson. "Temporal Profile of Outcomes in Severe Head Injury." *Journal of Neurosurgery* 81 August 1994: 169-173.
18. S.C. Choi, T.P. Germanson, T.Y. Barnes. "A Simple Measure in Defining Optimal Strata in Clinical Trials." *Controlled Clinical Trials* 16 1995: 164-171.
19. N.J. Solenski, E.C. Haley, N.F. Kassell, G.L. Kongable, T.P. Germanson. "Medical Complications of Aneurysmal Subarachnoid Hemorrhage: a Report of the Cooperative Aneurysm Study." *Critical Care Medicine* 23(6) 1995: 1007-1017.
20. J.M. Findley, N.F. Kassell, B.F.A. Weir, E.C. Haley, G. Kongable, T.P. Germanson, et al. "A Randomized Trial of Intraoperative Intracisternal Tissue Plasminogen Activator for the Prevention of Vasospasm." *Journal of Neurosurgery* 37(1) July 1995: 168-176.
21. B.M. Farr, B.L. Johnson, D.K. Cobb, M.J. Fisch, T.P. Germanson, K.A. Adal, A.M. Anglim. "Preventing Pneumococcal Bacteremia in Patients at Risk. Results of a Matched Case-control Study" *Archives of Internal Medicine* November 1995 155(21): 2336-2340.
22. G.L. Kongable, G. Lanzino, T.P. Germanson. "Gender and Outcome after Aneurysmal Subarachnoid Hemorrhage." *Journal of Neurosurgery* 84 (1) January 1996: 43-48.
23. T.A. Schlager, M. Hidde, P. Roger, T.P. Germanson, L.G. Donowitz. "Intravascular Catheter Colonization in Critically Ill Neonates" *Infection Control and Hospital Epidemiology* 18(5) May 1997: 347-348.
24. T.P. Germanson, G. Lanzino, N.F. Kassell, G.L. Kongable, J.C. Torner, W.M. Alves. "Prediction of Outcome Following Subarachnoid Hemorrhage." *Surgical Neurology* 49(2) February 1998: 155-163.
25. M. Wong, T.P. Germanson, W.R. Taylor, I.S. Cohen, G. Perry, L. Barruch, P. Deedwania, B. Lopez, J.N. Cohn. "Felodipine Improves Left Ventricular Emptying in Patients With Chronic

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- Heart Failure: V HeFT III Echocardiographic Substudy of Multicenter Reproducibility and Detecting Functional Change.” *Journal of Cardiac Failure* 6(1) 2000: 19-28.
26. R.F. Smith, T. Germanson, D. Judd, M. Wong, S. Ziesche, I.S. Anand, W.R. Taylor, J.N. Cohn. “Plasma Norepinephrine and Atrial Natriuretic Peptide in Heart Failure: Influence of Felodipine in the Third Vasodilator Heart Failure Trial.” *Journal of Cardiac Failure* 6 (2) 2000. 97-107.
 27. K.E. Byers, A.M. Anglim, C.J. Anneski, T.P. Germanson, H.S. Gold, L.J. Durbin, B.M. Simonton, B.M. Farr. “A Hospital Epidemic of Vancomycin-Resistant Enterococcus: Risk Factors and Control.” *Infection Control and Hospital Epidemiology* 122(3) March 2001. 140-147.
 28. G. Pugliese, T.P. Germanson, J. Bartley, J. Luca, L. Lamerato, J. Cox, J. Jagger. “Evaluating Sharps Safety Devices: Meeting OSHA’s Intent.” Accepted 2001 by *Infection Control and Hospital Epidemiology* 22(7) 2001. 456-458.
 29. Presentations
 30. Power Under Dependent Competing Risks in Clinical Trials, Invited Address, ENAR Meeting, Cincinnati, Ohio, March, 1992.
 31. Prediction Tree after Aneurysmal Subarachnoid Hemorrhage-poster. Stroke Meeting. SanDiego, California, June 30, 1994.
 32. Head Injury Clinical Trials Design: Head Injury Clinical Trials Design Symposium, Washington, D.C., April 22, 1994.
 33. Prediction Tree after Aneurysmal Subarachnoid Hemorrhage. AHA Meeting, SanDiego, California, February 17, 1994

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Denise Zito, MT (ASCP) Senior Clinical Consultant

Denise received her BS in Medical Technology from The Catholic University of America, Washington, DC. Her positions include:

- Senior Clinical Consultant, Medical Automation Systems /The Epsilon Group, Charlottesville VA
- Operations Manager, University of Virginia Clinical Laboratories, Charlottesville VA
- Laboratory Manager, Clinical Immunology Laboratory, University of Virginia Clinical Laboratories, Charlottesville VA
- Consultant, Analytical Sciences, Durham, NC

Honors and Awards:

- American Society for Clinical Pathology, Chair Award
- Sigma Xi

Selected peer-reviewed publications:

- Juneja, R. and Zito, D.R.: Point of Care Glucose Testing-Need for a Better Mousetrap or Time to rethink the Hunt, SCCM 2008.

Jane Keathley, MS MT (ASCP)

Information to come