Welcome to the Fall edition of our quarterly research update from the Department of Family and Community Medicine. This edition we highlight a new fellowship opportunity that includes a few of our Research Division team members. If an entry touches on a common interest, please reach out to discuss potential collaborations.

-Chris White, MD, JD, MHA
Director of DFCM Research Division

Saundra Regan, PhD, returns to Research Division as faculty

Congratulations to Saundra (Soni) Regan, PhD, on her recent appointment to Assistant Professor as faculty for the Department of Family and Community Medicine. Regan will retain her role as Associate Director of the Research Division. She has been a fixture in research for almost three decades, tirelessly leading and assisting on projects with staff, students, residents, faculty, and community members. Although already an ambassador for the Research Division, Regan is looking forward to continuing to build new partnerships across the academic health center and community.

Dr. Chris White leads naloxone training session

Chris White, MD, along with Daniel Hargraves, MSW, led an updated iteration of his naloxone didactic and skills session as part of second year funding through the HRSA Primary Care Training Enhancement Medication Assisted Treatment Expansion Project (MAT-EP). The previous session included only family medicine interns. This iteration was attended by the interns and also included nearly 40 Physician Assistant trainees from Mt. St. Joseph University. As the national opioid epidemic persists, the training proved valuable as indicated by participant evaluations. Such trainings have yet to be established as part of a standardized curriculum for substance use locally and many areas of the country.

The training occurred Oct. 19 on the campus of Mt. St. Joseph University. White led the didactic session, providing an updated overview of the national and local challenges in the opioid crisis, recent national policy efforts to expand treatment, and localized efforts to confront the crisis.

Patricia Wigle, PharmD, of the UC College of Pharmacy led the skills portion of the training with two pharmacy trainees. This included a hands on demonstration and application of three of the four more common modes of naloxone administration: syringe and ampule, nasal atomizer, and auto injector. Each learner was offered their own devices to assemble and apply with stepped instruction.

Results from the two sessions will contribute to a manuscript to be submitted in an effort to disseminate an efficacious and economical model for the session that can be integrated in a variety of health care professional learning environments.
Keesha Goodnow shares PFAC practices regionally, garners recognition

Research Division team member Keesha Goodnow continued her dissemination of promising best practices for Patient and Family Advisory Councils. She was invited to present, “Refreshing your PFAC: Strategies for a meaningful Patient and Family Advisory Council,” at The Christ Hospital Patient Care Transformation Manager Meeting in August. She also presented “Meaningful Partnerships: Utilizing Patient and Family Advisory Council to Address the Unique Needs of Vulnerable Populations” at the Ohio Society for Healthcare Consumer Advocacy conference in Columbus, Ohio on Oct. 11, 2018. As Program Coordinator for the HRSA Primary Care Training and Enhancement grant, one of her roles is coordinator of the Patient and Family Advisory Council (PFAC) at the Family Medicine Center. She shared best practices and lessons learned addressing five key areas including need, recruitment, meeting structure and content, facilitation techniques, and follow-up strategies. This presentation aimed to better equip 50 practice managers and care coordinators with tools to improve their PFACs in the coming year.

Goodnow was also recognized at the October 30, 2018 with a CCTST Academic-Community Research Partnership Award as Facilitator along with Dr. Reid Hartmann as the Physician Advisor, Dr. Michael Putnam as the Resident Advisor, and several PFAC members who have served as patient advisors over the project’s past three years.

Wellness Corner

By Mary Beth Vonder Meulen, RN

10 Tips for a Healthier Thanksgiving

1. Get a good night’s sleep before the holiday. Insufficient sleep can lead to a higher appetite the next day.
2. Don’t fast all day to save up calories for dinner. You’ll just end up eating even more.
3. Yams and root vegetables are naturally sweet when roasted.
4. Instead of lingering near the appetizers, offer to set the table, play outside with the kids or chat with relatives.
5. Stay hydrated but watch out for liquid calories (especially in alcohol).
6. Slow down and enjoy the special holiday foods.
7. Try candlelight. Some studies suggest that we eat less under softer lights.
8. Get outside after dinner. Suggest a walk with the family and enjoy being together.
9. Volunteer to clean up. Avoid sitting at the table and nibbling after the meal.
10. Give yourself a break! Guilt and binge eating become a cycle. Take a breath and move on.

Daniel Hargraves recognized as College of Medicine Research Professional Award finalist

Research Division team member Daniel Hargraves, MSW, was recently recognized as one of eight finalist staff members in the College of Medicine (COM) for the Research Professional Award. The award is offered annually to COM staff who serve to transform and drive the research enterprise by contributing to publications and grant proposals; designing and executing experiments; and engaging the community in research. Hargraves and the other finalists will be recognized at the Research Recognition Awards Program on Nov. 14, 2018.
**UC DFCM partners for first Community Asthma Conference**

Department of Family & Community Medicine faculty member Dr. Anisa Shomo and Research Division team member Daniel Hargraves, MSW, partnered with the Cincinnati Health Department (CHD) and Cincinnati Children’s Hospital Medical Center (CCHMC) to present a comprehensive conference on Oct. 22, 2018 for health care professionals caring for children with asthma and their families. The keynote address was delivered by Dr. Marilyn Crumpton from the CHD.

Nearly 140 area primary care physicians, nurse practitioners, physician assistants, nurses, and others from community health centers, hospital networks, and school-based health centers gathered for the day-long event at the St. Elizabeth Training Center. Lectures and breakout sessions included: strategies for treating high risk patients in the community, asthma management for children living in poverty, engaging families and communities in improving outcomes, and developing community partnerships.

UC DFCM’s partnership funding was derived from an Environmental Protection Agency grant managed by the Regional Asthma Management & Prevention program to support asthma interventions with school-based health centers.

**Charles Doarn, MBA speaks on medicine and spaceflight in Moscow**

Charles Doarn, research professor in the Department of Family and Community Medicine, gave an invited lecture “Medical Care in Spaceflight—Challenges and Opportunities” at the State Scientific Center of the Russian Federation, Institute of Medical and Biological Problems, Russian Academy of Sciences, in Moscow, on Oct. 18, 2018.

**Book Chapters**


**Manuscripts**

Goodnow K. Meaningful Partnerships: Utilizing Patient and Family Advisory Council to Address the Unique Needs of Vulnerable Populations. An oral presentation at the Ohio Society for Healthcare Consumer Advocacy Conference; October 11-12, 2018; Columbus, OH.

Bouchard B, Mount H, Pallerla H, Regan S, Rosenthal M. Stress and Depression Scores Within a Group Model for Prenatal Care. A poster presentation at the North American Primary Care Research Group Annual Meeting; Nov 12, 2018; Chicago, IL.


The UC DFCM was awarded funding in September for a new training project by the Health Resources and Services Administration (HRSA). Transformational Fellowship Training for Community Primary Care Champions is a $2 million, five-year award in partnership with the newly accredited Physician-Assistant program at Mount St. Joseph University. The award will create a new faculty-development fellowship under Program Director Dr. Megan Rich. Early-career Primary Care Physicians will be trained in leadership, healthcare transformation, and education through a curriculum built on quality improvement, the social determinants of health, substance use disorders, collaborative mental health care, medical education curriculum, and provider wellness. Each of the 20 fellows (2018-2023) will also complete a mentored practice transformation project through community-participatory learning. In addition to Rich, DFCM UC team members include PI Dr. Jeffrey Schlaudecker, and Research Division team members Dr. Chris White, Dr. Soni Regan, Daniel Hargraves, and Sarah Brubaker.

Dr. Rich was recently asked about her new role with the Fellowship, and where this could lead its primary care participants.

What is your background with the DFCM?

Immediately after graduating from the TCH/UC Family Medicine Residency in 2010, I joined the Department of Family & Community Medicine as an opportunity to embrace my passion for teaching and grow as a medical educator. Since joining, I have had a robust role in the Residency Division as Associate Program Director and core faculty. I also directed the Longitudinal Primary Care Clerkship for first and second year medical students. More recently, I have been involved in faculty development in Dr. Phil Diller’s professional development series and in residency faculty meetings. In September, I was one of the three leaders for September’s departmental “Race, Bias and Health Equity” faculty workshop.

How did you prepare for and come into your role as Fellowship Program Director?

Drs. Jeff Schlaudecker and Chris White invited me to work with them on a $2 million HRSA grant application this past January. The basis of the grant was to create a faculty development fellowship to train physicians and physician assistants to be leaders and advocates in healthcare transformation. Funding was awarded in August, and I’ve been rolling out the Community Primary Care Champions Fellowship ever since. I have been preparing for this role my entire life, and my prior work experience in curriculum design at student, resident and faculty levels combined with Masters level course work in education provide a strong foundation for my new role. Designing a faculty-development fellowship from the ground up is an opportunity in creativity and leadership – it truly feeds my hunger for both things.

What are the key components that define this fellowship for you?

Our fellows are practicing providers and advanced learners who have some post-training clinical experience. These learners are ready for cognitively complex learning objectives that focus on applying and creating in the domains of healthcare transformation, medical education, and leadership and advocacy. Each fellow works at a different clinical practice, so it is crucial to find ways to bring everyone together and develop a supportive learning climate. One of my favorite teaching sessions is our monthly evening learning forums. Fellows and faculty meet in the community joined by local experts on the topic of the month and engage in high level and animated discussion. We have been lucky to have members of our own department participate as experts, including Dr. Eleanor Glass who kicked off the series with a discussion on wellness and burnout. In October, Dr. Reid Hartmann shared his experiences in incorporating patient voice into the QI process.

What is your vision beyond this fellowship for growing the opportunity and for those who participate as fellows?

I am currently seeking practicing physicians who are ready to expand their skill sets and grow into change agents for a new model of primary care. My goal for the fellows is that the yearlong curriculum results in a transformation and provides a jumping off point to explore a new role or endeavor. I am convinced that graduates of the program will go on to be the next generation of leaders in our communities, universities and government enterprises. By providing protected time to delve deep into relevant healthcare and local community issues, we provide our fellows with the opportunity to grow into the next step of their careers as medical providers on the cutting edge of transformation.
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Dedicated full-time staff members with over 40 years of cumulative experience provide full project support from assisting in design and implementation to analysis and evaluation. The division offers expertise in:

- Project Management
- Data Management
- Grant Writing
- IRB Protocols
- Statistical Analysis
- Data Collection Methods
- Project Reports
- Manuscript Development, Writing and Editing
- Research Nurse
- Qualitative Research

For more updates on our projects and other events in the UC Department of Family & Community Medicine, please like our Facebook page today!

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