Welcome from the Director

Welcome to the Spring quarterly research update from the Department of Family and Community Medicine. In this issue we highlight Research Division faculty member Charles Doarn, MBA and his advocacy and promotional work in advancing telemedicine nationally and internationally. 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

eQuit WorRx App Shows Promising Results

eQuit WorRx is led by faculty member Matthew Tubb, MD, PhD and supported by Mary Beth Vonder Meulen, RN to develop and test a smoking cessation and shared decision-making app to be used in a primary care office. The two-year study has completed active enrollment of 72 patients and will follow up with them in 3 months to check their smoking status.

Interim results are encouraging. When compared to the control (smoking cessation booklet), the eQuit app has increased the amount of time spent discussing smoking cessation and patients report that using the app improved shared decision making.

With recruitment completed, the team will now move their focus to data analysis and dissemination.

Family Medicine Resident Quality Improvement Project Outcome to Be Unveiled at Practice

As part of the Primary Care Training and Enhancement (PCTE) grant, participatory quality improvement projects are underway at the Family Medicine Center (FMC). The Patient and Family Advisory Council and TCH/UC Family Medicine Residents have been hard at work identifying areas for practice-based quality improvement in the FMC. Our PFAC focused on enhancing the patient experience through improvements to the waiting room and exam rooms. The improvements were guided by literature based best practices as well as 82 patient surveys that were collected. With DFCM Research Division team member Keesha Goodnow as project manager, residents have been working through PDSA cycles to implement the changes. The transformation is evident with the recent unveiling of the new waiting room! Stay tuned......

Department of Family and Community Medicine Continues Scholarship Development Fund

To encourage and support scholarship for faculty, the Scholarship Development Fund offers a competitive funding program for planning, performing, and presenting research projects and investigating clinical questions. Projects will also engage learners in the research process. Individual project funds of up to $10,000 will be available for faculty to spend over a two-year period. The applications are peer reviewed from a pool of faculty in the DFCM. In 2016, four projects were funded with each continuing and producing encouraging results.

The Department encourages all faculty to pursue this opportunity. All interested applicants should contact Mary Beth Vonder Meulen, RN for more application and Scholarship Development Fund information: Marybeth.vondermeulen@uc.edu
### Doarn Awarded Best Paper for 2016 in Telemedicine Journal

This manuscript, entitled ‘The Empirical Foundations of Telemedicine Interventions in Primary Care’ and published in the *Telemedicine and e-Health Journal*, was coauthored by Drs. Rashid Bashshur, Joel D. Howell, and Kathryn M. Harms, and Ms. Noura Bashshur of the University of Michigan, Dr. Elizabeth A. Krupinski of Emory University, and Professor Charles R. Doarn of the University of Cincinnati. This paper was recognized by Mary Ann Liebert Publishers as the best paper for 2016 in the *Telemedicine and e-Health Journal*. The authors were recognized during the American Telemedicine Association Annual Meeting in Orlando, Florida in April 2017 for their outstanding contribution to the literature for their work in telemedicine and primary care. The paper originally appeared in print in May 2016.

For more on the work Doarn is doing, please see our Project Spotlight on page 4.

### UC Center for Integrative Medicine Offers Stress Relief to Students

The UC Center for Integrative Medicine offers a Mind-Body Skills course to students in the Colleges of Medicine, Allied Health, Nursing, Pharmacy, and CCM. The course aims to reduce stress and burnout and enhance self-awareness and self-knowledge through the use of evidence-based mind-body techniques in combination with group support.

Mind-body skills training groups provide students with the resources to adaptively deal with stressors and emphasize healing, self-care, awareness, and work-life balance. Students who participate in the Mind-Body Skills program report decreased stress and negative affect and increased empathy, resiliency, and positive affect as compared to peer controls. Groups are co-facilitated by interprofessional faculty who complete an immersive three-day training retreat.

For more information, please visit our website: [http://med.uc.edu/integrative/student-faculty-wellness/mind-body-skills](http://med.uc.edu/integrative/student-faculty-wellness/mind-body-skills)

Students’ overall wellbeing is crucial to their success as medical students. As such, a survey has been introduced to assess key aspects of the students’ emotional and mental wellbeing in order to best serve them over the coming years with supportive programs. This assessment is a collaboration among the Office of Student Affairs, Department of Medical Education, and the Center for Integrative Health and Wellness. The assessment will be administered via Survey Monkey to all incoming M1s, M2s, M3s, and M4s annually.

### Everyday Wellness Corner

Every parent knows that human touch is critical to the development of infants but did you know that it is beneficial to everyone, regardless of age? Massage Therapy has been used to promote healing since ancient times by people of many cultures but the use of touch as therapy declined in the 20th century as technological and pharmaceutical therapies took precedence.

In recent years, however, many people have expressed an interest in exploring the benefits of Integrative Medicine Therapies including massage. There is an increasing body of evidence to show that massage (even self-massage) can decrease stress, anxiety and chronic pain. It has been demonstrated to decrease physiological markers such as blood pressure and pulse, as well as self-reported measures of stress, anxiety and depression. Consider adding Massage Therapy to your tool kit of modalities to promote health and well-being.
Nancy Elder, MD Receives Award for Work with the Underserved

Dr. Elder was honored with the Susan L. Montauk Award at the Cincinnati Health Network (CHN) 30th Anniversary Celebration of Success for her service and longstanding commitment to the underserved. Since 2015, she has served as Chief Medical Officer of the Cincinnati Health Network (CHN), which includes the Healthcare for the Homeless program. She has been a physician with CHN for 15 years.

The award is in memory of Dr. Susan Montauk, a UC DFCM faculty member and one of the first Cincinnati area doctors to treat AIDS patients in the early 1990s. An advocate for the care of the underserved, she was a CHN clinician for almost a decade before her death in 2011.

Manuscripts Recently Published or In Press


Posters and Presentations


Johnson K, Yeager R, Elder NC, Hargraves D, Lienberger C, Pallerla H. Exploring the feasibility and usefulness of a nutrition guide for patients at the McMicken Integrated Care Clinic, a healthcare for the homeless program. A poster presented at the 50th Society of Teachers of Family Medicine Annual Spring Conference; May 5-9, 2017; San Diego, CA.

Hargraves D, Elder NC, Regan S. Community Partnered Projects in a Family Medicine Residency Curriculum: A Review. A poster presented at the 50th Society of Teachers of Family Medicine Annual Spring Conference; May 5-9, 2017; San Diego, CA.

Hargraves D, White C, Elder N. Lessons Learned from a Multi-site Screening, Brief Intervention, and Referral to Treatment Program. A poster presented at the 13th All Ohio Institute on Community Psychiatry Conference; March 24-25, 2017; Columbus, OH.

Elder NC. The impact of EHRs and electronic communication on ambulatory patient safety. Plenary address at the Third National Primary Care Ambulatory Patient Safety conference on Research and Education; February 23-24, 2017; Bethesda, MD.
Charles Doarn, MBA keeps an eye to our future in telemedicine

From scholarly materials to scientific conferences and Cincinnati to Brussels, Charles Doarn is one of the most visible advocates of telemedicine and telehealth at the University of Cincinnati, nationally, and internationally. As an editor of Telemedicine Journal and e-health: the Official Journal of the American Telemedicine Association and through numerous other author and editorial contributions, Doarn is a key part of the dissemination flow of continuing advances in the field. He has witnessed and participated in the global growth of telemedicine for almost 30 years of development and application.

Doarn’s body of work reflects his commitment and reputation in the field among his peers. He has produced nearly 350 manuscripts, editorials, books, book chapters, federal reports, and invited commentaries. He has also served as editor, associate editor, editorial board member or reviewer for 40 different journals.

He has been a regular fixture in working with NASA, the Department of Defense, and NATO to advance and disseminate findings critical to the successful application of telemedicine in the near future of care. His most recent effort, a book entitled *A Multinational Telemedicine System for Disaster Response: Opportunities and Challenges*, encapsulates four years of work with NATO. This forward thinking initiative imagines the most dire circumstances in which medical infrastructure is deemed ineffective, requiring the need for deployment of health services to effected areas. Such developments in the field of telemedicine can mitigate the substantial health impacts of a disaster.

It is examples such as these that Doarn proclaims telemedicine as a relevant and necessary application in today’s world of medicine rather than a modality to be explored in the future. Medical innovations have always operated on a continuum. With increasing consumer demand and technology paving the way to further healthcare access, “mobile health is a rapidly growing field.”

Doarn recognizes the need for telemedicine to diffuse through the next generation of healthcare professionals. As such, he has offered his knowledge and experiences with all levels of learners from high school through medical school. More recently, Doarn became the faculty advisor for the Healthcare Transformation Interest Group. This group of M1s and M2s have a heightened interest in mobile health and telemedicine. One of the Interest Group’s missions is to raise awareness and disseminate knowledge to fellow medical students. He is also a faculty member with UC’s Masters of Public Health program where he teaches courses in global health and public health informatics and leads the chapter of Delta Omega for MPH students with a piqued interest in telemedicine.

Doarn understands the hesitation to embrace the field.

“Telemedicine goes up against the status quo...it’s scary to many, but these and many of the challenges that its adoption has faced are all problems that can be solved and in many cases have been.”

As technologies continue to rapidly advance, so will the needs and expectations of the consumer. With the University of Cincinnati and UC Health fostering the potential to lead the way in telemedicine, Doarn continues the necessary work in building the bridge from current practice to the demands of tomorrow.
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Dedicated full-time staff members with over 50 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!

https://www.facebook.com/ucfamilymed/