Welcome from the Director

Welcome to the Summer quarterly research update from the Department of Family and Community Medicine. In this issue in addition to recent scholarship, we highlight one of our collaborations between the Prenatal Clinic at The Christ Hospital and our Research Division Team. 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

Charles Doarn, MBA awarded American Telemedicine Association Top Leadership award

Charles Doarn, a professor in the Department of Family and Community Medicine, has been recognized by the American Telemedicine Association (ATA) for his outstanding contributions to the field with the ATA’s 2016 Individual Leadership Award. This award, which was presented to Doarn on May 17 at the association’s annual conference in Minneapolis, Minn., is based on peer-nominations and is recognition of an individual’s leadership in the field of telemedicine/telehealth from across the world. In addition, Doarn is one of 40 fellows in an association of over 8,000 members.

Doarn, who has over 250 published works on telemedicine and space medicine, is also a special assistant to the NASA Chief Health and Medical Officer at NASA Headquarters in Washington, DC. He and colleagues at NASA have submitted for production at Springer his first book titled "Space Physiology and Medicine—Evidence and Practice".

The American Telemedicine Association is the leading international resource and advocate promoting the use of advanced remote medical technologies. Established in 1993, ATA is headquartered in Washington, DC. For more information visit www.americantelemed.org.

Students complete summer learning experience with DFCM Research Division

Six future and current medical students, including two ROSE Program members, joined the Research Division this summer for a fellowship opportunity. Students had the chance to assist on active research projects with staff and faculty including building a smoking cessation app, development of a primary care home visits program for the department, and addressing barriers for patients with substance use seeking primary care. Students also had the chance to shadow faculty in a variety of primary care settings.

Students also participated in a pilot research program developed internally by staff and faculty. Here, students were led through all aspects of the research process from formulating a research idea and question to disseminating results. The program featured Research Division staff leading weekly sessions on conducting literature searches, chart reviews, quantitative and qualitative methods and analysis, and interpreting and reporting results. The program featured a simulated study from which the students could access and analyze data and end with a poster presentation and abstract for publication.
Matthew Tubb, MD and team move eQuit WorRx into the patient’s hands

This ARHQ funded project has moved into its second year and Dr Tubb’s team has completed the development and testing of a new iPad app aimed at promoting shared decision making between patients who smoke and their primary care doctors.

Dr Tubb is now beginning testing of the app in three UCH-PC offices: Wyoming Family Medicine, Tri-County Family Medicine and Hoxworth Med-Peds. Planned enrollment for the project is 72 patients. Patients and physicians will have the opportunity to trial the app’s customized feedback regarding smoking cessation methods as compared to a standardized booklet published by the U.S. Department of Health and Human Services.

Physicians, staff, and patients who are smokers interested in participating and are located at one of the participating sites may contact:

<table>
<thead>
<tr>
<th>Mary Beth Vonder Meulen RN</th>
<th>Matthew Tubb, MD</th>
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<tr>
<td>513-558-2417</td>
<td>513-558-7563</td>
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<td><a href="mailto:Marybeth.vondermeulen@uc.edu">Marybeth.vondermeulen@uc.edu</a></td>
<td><a href="mailto:Matthew.tubb@uc.edu">Matthew.tubb@uc.edu</a></td>
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Dr. Tubb and his team also submitted a grant application (1R34 DK112159-01) to NIDDK (part of NIH) titled “Patient Portal-based Diabetes Self-Management Engagement: Feasibility and Pilot Effectiveness Study in Primary Care.” The major goal of this study is to test a new patient portal-based tool that improves diabetes self-management through increased between-visit communication between patients and their primary care teams. The application is currently undergoing changes in response to the critiques for resubmission in November.

Wellness Corner: Computer Ergonomics by Mary Beth Vonder Meulen, RN

We all know that sitting and inactivity are bad for our health – but what to do when you have to work at a computer for extended periods? Here are some basic things to remember:

Monitor – Position your computer screen at eye level. Looking down puts excess strain on your neck.

Desk – Don’t force your body to overwork by constantly reaching out to pick things up. Keep frequently used items, such as your phone, within a foot.

Arms – keep your arms at a 90-degree angle in a neutral resting position, raising or lowering your arm rest as needed.

Back – Postural lower back strains are a risk if you chair doesn’t provide support to the natural curve of your back. If your chair isn’t right, try pillows!

Legs – Keep those legs straight and feet on the floor. Crossing your legs puts unnecessary stress on supportive muscles.

Vertical alignment – Keep your spine straight and avoid leaning forward. For every inch the head comes forward the spine feels like it’s taken on an extra 10 pounds!

The takeaway: Little changes matter. Try slowly incorporating these changes to let your body adjust to a healthier posture. Over time your body will thank you! So, sit up straight and BE WELL!
Project TEAMS/ECHO featured on Cincinnati.com, WVXU/NPR radio

The Project TEAMS/ECHO Pain clinics were recently featured regionally in an article in the Cincinnati Enquirer (http://www.cincinnati.com/story/news/2016/07/09/area-docs-learn-more-ways-treat-chronic-pain/86303352/) and on WVXU/NPR’s Cincinnati Edition (http://wvxu.org/post/physicians-working-collaboratively-find-alternatives-opiates-chronic-pain). Dr. Nancy Elder (co-PI) of the DFCM Research Division and the rest of the project team hope the article and radio appearance will help disseminate information about the free, monthly interactive, web-based mentoring sessions as a resource for primary care providers (PCPs) in the Tri-State area. Physicians, nurse practitioners, physician assistants, students, medical assistants, and office staff can all actively participate with the panel of experts regarding any questions and concerns they may have about their patients with chronic pain. The panel includes experts from pain management, physical therapy, pharmacy, addiction medicine, integrative medicine, and mental health. PCPs also present real, de-identified patient cases for suggestions and feedback for treating patients with challenging scenarios.

No pre-registration is required to join the free teleconferences on the 1st Thursday of every month, 12:15-1:15 PM. To submit a patient case for consultation, please go to the following link: CHRONIC PAIN CASE SUBMISSION FORM. For more information, past presentations, articles, and additional resources please visit: http://cme.uc.edu/echo-pain. For any information on Project TEAMS or to join, please contact Susie McDonald: blockssn@uc.edu or 513-558-5999.

Manuscripts Recently Published or In Press


Posters and Presentations


**Summer Project Spotlight:**
**Improving Mental Health Among Group Visit Prenatal Patients**

Montiel Rosenthal, MD of The Christ Hospital Prenatal Clinic’s Centering Pregnancy program and Saundra (Soni) Regan, PhD of the UC DFCM Research Division are collaborating for the project titled, “Improving Mental Health Among Group Visit Prenatal Patients”. This project focuses on depression, stress reduction, substance abuse, patient education an empowerment of pregnant women participating in group visits to improve the outcomes of their pregnancies. Below are some thoughts from Dr. Rosenthal.

**Tell us about your current research project, “Improving Mental Health Among Group Visit Prenatal Patients”**.

Our current research project builds on earlier research projects surrounding the impact of Centering Pregnancy, a group visit model for prenatal care, on our expectant mothers at TCH Prenatal Clinic. Specifically we are testing self help measures to mitigate stress and hopefully depression, and testing whether that benefit extends to improved outcomes for their pregnancy. Presentations to the prenatal groups will occur with sessions on Lactation, Infant CPR, Prenatal Yoga, Safe Sleep for Infants, Substance Abuse in Pregnancy, Meditation and Depression Self-Help Measures to improve patient outcomes with respect to gestational age at time of delivery, infant birth weight, number of emergency room/trauma visits, tobacco, alcohol and street drug use and cessation, stress and depression scale scores, breastfeeding, and attendance at post-partum visit.

**How did you choose to research this area?**

This direction of inquiry developed from the specific interests in mental health of some of our residents who have been part of the Centering Pregnancy Research Group. More recently our Family Medicine/Psychiatry combined residents have helped take the research to the next level.

**What other research interests do you have? What other projects have you been part of in and outside of the TCH Prenatal Clinic?**

Other research interests for me are in unique applications of Medical Acupuncture to challenging patient problems, such as chronic post-operative pain.

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**Charles Doarn, MBA delivers keynote address at Telehealth Consortium**

Charles Doarn, MBA was the keynote speaker at the National Academic Telehealth Consortium at Thomas Jefferson University’s Sidney Kimmel Medical College June 21-22. Doarn’s talk, “Telemedicine: Is it Easier in Space Than on Earth,” was presented to medical school deans, university presidents and telemedicine program directors from across the U.S.

Additionally, in his role as the acting director of the Federal Telehealth (FedTel) working group, he participated in a panel, “How Do We Work with our Government and Regulatory Agencies to Advance the Care of Americans.”
Family & Community Medicine Research Division

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