

# Research Division

## WELCOME FROM THE DIRECTOR

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Hello and welcome to the Fall Edition of the Department of Family & Community Medicine Research Division Newsletter. Here you will find updates and news on our many projects and community collaborations.

Let us know how we might work together and assist with building your project from grant submission to dissemination.

-Sandra (Soni) Regan, PhD  
Director of DFCM Research Division

## Team member Knapke to co-lead air quality research community partnership training grant

Research Division team member Jackie Knapke, PhD, was recently awarded a National Institutes of Health grant, along with Cincinnati Children's Hospital Medical Center partner Patrick Ryan, PhD, a professor in the Department of Pediatrics, Division of Biostatistics & Epidemiology. The grant is titled "Research Innovations using Sensor Technology in Environmental Justice Communities," or RISE Communities.

Individuals who live in environmental justice communities have disproportionately higher rates of adverse health outcomes, often as a result of environmental and social stressors. Low-cost air sensors offer tremendous opportunities for researchers and community members to better understand air pollution exposures at neighborhood, indoor, and personal levels. RISE

Communities aims to foster successful community-academic partnerships and equip research teams with the technical skills and knowledge to successfully utilize low-cost air quality sensors in environmental justice communities.

In addition to developing and offering of a free online library of education modules and materials, RISE Communities will host an annual cohort of academic-community research teams for an all expenses paid trip to Cincinnati for in-depth training and team building. This blend of didactic, experiential, and workshop-based training offers access to expert consultants in team building and environmental health sciences to support successful community-engaged research and facilitate advocacy. Teams will also be provided with air sensors to take back to their communities and trained in methodology in data collection and visualization for dissemination of their research findings. Monthly webinars will supplement the training and offer new insights and updated information in sensor research and team building methods for both RISE program participants and the general public. Research Division team member Daniel Hargraves, MSW, will serve as program manager for the project.

RISE Communities is currently recruiting for the first training cohort to occur in early August 2023. To learn more about this opportunity, please visit [ejsensors.com](https://ejsensors.com)



Spring 2023 ECHO Clinic

# Innovations in Diabetes and Cardiovascular Health

**FACILITATOR:** Goutham Rao, MD, FAHA  
Department of Family Medicine and Community Health  
Case Western Reserve University School of Medicine

**DATE:** Thursdays, 8 - 9 a.m.  
January 12 to March 30, 2023

[Register Now!](#)

**FREE 12-week series. Space is limited.**

[cardi-oh.org/echo/register](http://cardi-oh.org/echo/register)

## How It Works

Cardi-OH ECHO utilizes Zoom to conduct virtual clinics with primary care providers in Ohio.

This hub-and-spoke model connects physicians, nurses and other clinicians with a multidisciplinary panel of experts who provide the specialized knowledge they need to care for patients with complex conditions.

Each clinic will include a brief didactic session followed by an interactive discussion of de-identified case studies, and will offer a whole-person approach to diabetes and cardiovascular risk management.

### Eligibility Requirements

- Must be a Medicaid provider
- Must be a Primary Care Provider (e.g., Family Medicine, Internal Medicine, Geriatrics, OB/GYN, Pediatrics)
- Must have a clinical office with an Ohio address

### Participation Requirements

- Each practice will present at least 2 case studies during the 12-week virtual clinic
- Each practice will submit all case studies prior to the start of the series (Due December 16, 2022)
- Participants will work with the Clinic Coordinator to determine a mutually agreed-upon date for case study presentations
- Participants will complete surveys as a part of program evaluation and submit a signed Statement of Collaboration

### Other Things to Know

- Participants are encouraged to be visible on video while in the session
- Cardi-OH ECHO will support practices' use of web conference technology (i.e., webcam, microphone/telephone audio, Zoom software) including a 1-on-1 tech check prior to the beginning of the 12-week clinic
- All sessions will be recorded and photographed (an edited version of the recording will be made available on our website)

## Why Join Cardi-OH ECHO

- Professional development and continued learning
- Expanded knowledge network and collegiality with practices across the state
- Increased efficiency and joy of practice
- Improved patient retention, health outcomes, and satisfaction
- No-cost CME credits available

**ADVANCED REGISTRATION REQUIRED**  
[Click Here to Register](#)

## Research Division leads regional quality improvement hub

The UC College of Medicine (COM) has been chosen by the Ohio Department of Medicaid to serve as a Regional Quality Improvement (QI) Hub. The goal of the QI Hub will be to more reliably translate best-evidenced care into clinical practice, offering structure to collectively support health improvements that can be measured at the level of Ohio's populations. Single institution efforts focusing on chronic conditions such as hypertension and diabetes have already been successful in achieving significant improvements in health status as well as closing disparity gaps for the Medicaid population. A "Hub and Spoke" model offers greater scale as well as choice of clinical practice areas ripe for improvement.

The six Regional QI Hubs will be comprised of an Ohio College of Medicine and select hospital partners to serve as the central 'hub,' with other interested practices acting as 'spokes.' The Government Resource Center (GRC) will provide project management to the participating Colleges of Medicine. UC's Dept of Family and Community Medicine is leading this grant in partnership with faculty from the UC Dept of General Internal Medicine (GIM), the UC Dept of GIM and Pediatrics with QI Leadership from UC Health. The team includes Research Division members Sandra Regan, PhD, who will serve as principal investigator, and Mary Beth Vonder Meulen, RN, as project manager.

# DISSEMINATION

## Posters and Presentations

Helm S, Kolb HR, **Knapke JM**, Freel S, Jenkerson M, Jester P, Fritter J, Mendell A, Petty M, Tsao P, Jones CT. “The Challenges of Competency-based Onboarding and Training for Clinical Research Professionals.” A poster presentation at the Society of Clinical Research Associates (SOCRA) conference, Virtual, September 2022.

**Knapke JM**, Hildreth L, Schuckman SM, Mendell A, Blackard JT, Lee RC, Molano JR, Johnstone M, Lamkin M, Kopras EJ, Kues JR. “Andragogy in Practice: Applying a Theoretical Framework to Team Science Training.” An oral presentation at the International Network for the Science of Team Science (INSciTS) conference, Virtual, August 2022.

Cockroft JD, De La Garza Iga F, Mejía Alvarez M, Rabin J, **Stryker SD**. Implementation of a Virtual Project ECHO Educational Model on Mental Health for Providers in Rural Guatemala. Poster session presented at the Annual Conference for the Association of Medicine and Psychiatry. September 2022. Atlanta, GA. Awarded Best Poster in the conference.

## Publications

Ricks, J.M., Arthur, E., **Stryker, S.D.**, Yockey, R.A., Anderson, A.M., Allensworth-Davies, D. A Systematic Literature Review of Community-based Participatory Health Research with Sexual and Gender Minority Communities. Accepted for publication in Health Equity.

Marian Wilson; Rowena J. Dolor; Daniel Lewis; **Saundra L. Regan; Mary Beth Vonder Meulen**; T. John Winhusen. “The opioid dose and pain effects of an online pain self-management program to augment usual care in adults with chronic pain: A multi-site randomized clinical trial.” ID: PAIN-D-22-00666R1 Manuscript accepted for publication in PAIN. Full citation pending.

Shari D. Bolen, Elizabeth A. Beverly, Shireen Khoury, **Saundra Regan**, Jackson T. Wright Jr., Siran Koroukian, Randall Wexler, Goutham Rao, **Daniel Hargraves**, Dean Bricker, Glen D. Solomon, Michael Holliday, Stacey Gardner-Buckshaw, Lance Dworkin, Adam T. Perzynski, Elizabeth Littman, Ann Nevar, Shannon M. Swiatkowski, Mary Applegate, Michael W. Konstan. Forming Cardi-OH: A Statewide Collaborative to Improve Cardiovascular Health in Ohio. 2022. Cureus 14(8): e28381.doi:10.7759/cureus.28381.

Holliday M, Burnett A, Leavitt M, **Knapke J, Hargraves D, Pallerla H**. Evaluation of an Academic Detailing Program to Improve Blood Pressure Measurement and Hypertension Treatment in Urban Community Health Centers. Journal of Continuing Education in the Health Professions. 2022. In Press.

**Knapke JM**, McCabe E, Tobias B, Mount H, **Regan S**. Early Identification of Family Medicine Physicians Using Qualitative Admissions Data. Manuscript accepted by Family Medicine, September 27, 2022.

Newman N, **Knapke JM**, Kinyalocets R, Belt J, Haynes EN. Collaborative Evaluation of a Childhood Lead Poisoning Prevention Training for Health Care Providers using Mixed Methods. Manuscript under review by Journal of Osteopathic Medicine, June 2022.

## WELLNESS CORNER

### FEELING OVERWHELMED? Wellness tips to help you manage. By Mary Beth Vonder Meulen, RN

All of us have times when we feel overwhelmed, whether from a major life event or a cumulation of small stressors. When life feels unmanageable, we can become immobilized. What can we do?

- Try to identify the source of cause of the feeling. Just understanding this will help you know how to proceed
- Set realistic goals. Working for 30 minutes on one task may alleviate anxiety better than trying to match perfect self-expectations
- Take breaks. Working harder and longer is not always the solution. Stop, walk for ten minutes, or organize your space. A cluttered environment can add to feelings of anxiety.
- Be sure your inner conversation is not increasing your stress. Avoid worrying about what might happen Focus on the present.
- Maintain a healthy sleep schedule, diet, and exercise routine.

There's no simple remedy but if the feeling becomes prolonged, seek help and support from family, friends, and colleagues.

Courtesy of: Wellness Tips, University of Iowa, Carver College of Medicine. <https://medicine.uiowa.edu>



# MissionPOCUS Project: Bringing Obstetric Ultrasound to Rural Guatemala

This past spring, MissionPOCUS, an annual initiative hosted by the Point-of-Care Ultrasound Certification Academy that aims to expand the reach of POCUS in under-resourced areas around the world, awarded Wuqu' Kawoq and the University of Cincinnati with a grant to purchase handheld ultrasound probes (Butterfly IQ+) and to train Wuqu' Kawoq's maternity care providers in rural Guatemala to perform basic obstetric ultrasound.

The project is currently being led by Dr. Florence (Flo) Hsiao, the current global health fellow and recent graduate of the Christ Hospital/University of Cincinnati Family Medicine Residency Program. Earlier this month, Flo traveled to Tecpán, Guatemala where she held the first session of the six-month training program. Participants included physicians, maternity care nurses, and care navigators – all of whom serve as front-line health care workers in rural Guatemala where the maternal and neonatal mortality rates are some of the highest in Latin America and disproportionately impact indigenous Maya communities. The innovative hybrid training program will incorporate both virtual and in-person components. For example, in addition to providing an intensive in-person training session in October, the UC team will be able to continue to provide supervision to trainees over the next several months using Butterfly's teleguidance ultrasound platform.

The goal of this ultrasound project is to empower Wuqu' Kawoq's maternity health workers with the tools they need to determine the safest place for patients to deliver. Currently, the vast majority of women in rural Guatemala deliver at home with lay midwives. Wuqu' Kawoq's nurses and care navigators partner with lay midwives to identify high risk obstetric patients. With training in basic obstetric ultrasound, the nurses and care navigators will be able to accurately date pregnancies and evaluate for pregnancy complications such as multiple gestations, malposition, placenta previa, etc. We are grateful to MissionPOCUS for this opportunity to expand our work with Wuqu' Kawoq through ultrasound.

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The awarding of the Mission POCUS grant to Dr. Hsiao and Wuqu' Kawoq was recently featured on their website. Learn more at: <https://www.pocus.org/the-missionpocus-2022-grant-award-goes-to/>.



# Research Directory

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## Faculty



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## Staff



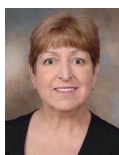
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Dedicated full-time staff members with over 50 years of cumulative experience provide full project support from assisting in design and implementation to analysis and evaluation. The division offers expertise in:

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



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