

Research Division

WELCOME FROM THE DIRECTOR

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Hello and welcome to the Spring 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.

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

Primary care fellowship prepares for final year of training

The Community Primary Care Champions Fellowship, sponsored by a five-year grant from the Health Resources and Services Administration (HRSA), is entering its final year of training beginning in September. The program features division team members Shanna Stryker, MD MPH, leading the mental health curriculum and Daniel Hargraves, MSW, as project manager. Megan Rich, MD MEd, is the program director with Jeff Schlaudecker, MD as the University of Cincinnati site PI. The program is a partnership with the Mount St. Joseph University Physician Assistant (MSJUPA) program and set out to train at least twenty primary care providers at least two years in a primary care practice. The part-time year-long fellowship trains fellows in six curriculum topic areas (see Figure 1) to become leaders and advocates in their practices, systems, and communities.

The fellowship has graduated 14 participants in the first three years (9 physicians, 5 physician assistants). Two physicians and one physician assistant are on track to graduate this fourth year of fellowship in August 2022. Recruitment for the fifth and final year has begun, and will include Michael Putnam, MD, from the DFCM, as well as a provider in the Cincinnati Health Department and a faculty member from the MSJUPA program. The fellowship is anticipating a return to an in-person experience after [pivoting to an entirely virtual experience since the beginning of the pandemic](#) in March 2020. Additionally, after the requisite 20 primary care providers are trained, HRSA permits interdisciplinary non-provider team members to also participate in the fellowship. The program is excited to recruit and welcome these additional fellows in year five. Learning is facilitated by a recurring monthly schedule mix of self-study activities, lectures, one-on-one mentoring, and [evening discussions](#) that highlight a curricular topic and feature experts from the community

To evaluate learning, attitudes, confidence and other fellowship experiences, the fellows complete a pre- and post-fellowship self-assessment, three pre- and post-wellness and burnout inventories, as well as participation in a six month and exit focus group. Practice supervisors also complete surveys to report any changes in behaviors as a result of fellowship training six-months post-graduation; fellows also complete selected items from the self-assessment one-year post graduation to report any sustained knowledge and confidence in practice, as well as leadership and advocacy action. Statistical significance has been found in knowledge and comfort across all content areas for all cohorts of fellows in analysis of both the post-fellowship and one-year post-graduation self-assessments. We are looking forward to in-depth analysis of supervisor surveys and fellow focus groups to measure any further impact the training has had on our community primary care provider fellows.

Figure 1. Six curriculum topic areas



Learn more at: <https://www.primarycarechampions.com/>



Team looks at stress in Latinx Cincinnatians

Division team members Shanna Stryker, MD MPH, and Karen Chinchilla are leading a peer-led group stress management program in partnership with LU-SALUD, a community-based participatory research project to understand strengths and barriers to health of the Latinx population. Previously, stress has been identified as a health priority for Cincinnati Latinx. The team administered 121 surveys that they co-created regarding stress.

A Community Conversation Group (like a focus group) was held at a Latinx church congregation on Sunday, April 3rd to discuss the results of the stress study. Researchers were surprised to discover that the respondents said they were NOT greatly affected by the Covid pandemic. Findings showed that many community members were accustomed to adversity and stressful events/situations, having lived through wars, losing homes, etc. The community reported that many of them have turned to YouTube for information about Covid, because of Spanish language options, easy access and anonymity.

WELLNESS CORNER

By Mary Beth Vonder Meulen, RN

Pollinators

All the world's seed plants rely on vectors to move pollen. These vectors, called pollinators, can include wind, water, birds, insects, butterflies, bats, and other animals. Without pollinators, humans and all of earth's terrestrial ecosystems would not survive. Almost 80% of the plants that produce our food and plant-based products require pollination.

Gardening for Pollinators

- ◇ Use a wide variety of plants that bloom throughout the year.
- ◇ Avoid modern hybrid flowers.
- ◇ Eliminate pesticides whenever possible.
- ◇ Add to nectar resources by providing a hummingbird feeder.
- ◇ Provide other resources. Put out slices of overripe bananas, oranges, and other fruits. Creating a salt lick can provide essential micronutrients.
- ◇ Learn more about pollinators and how to recognize those in your garden.
- ◇ Consider building a Bee Box or planting a Butterfly Garden.
- ◇ More information is available at <https://www.fs.fed.us/wildflowers/pollinators/>

Get a free, beautiful, and printable poster by clicking [HERE](#).

(Information courtesy of the U.S. Forestry Service)

Cardi-OH team welcomes Doug Collins, MD

Doug Collins MD, has joined the Cardi-OH statewide collaborative UC site team for the coming grant year. Through his work with a local federally-qualified health center, Collins will assist with development of materials targeted toward Medicaid providers and their patients to improve cardiovascular health, as well as recruit for the collaborative's education events throughout the year. The Research Division's Mary Beth Vonder Meulen, RN, will again lead the UC team as project manager with Sandra Regan, PhD as principal investigator.



[Learn more about Cardi-OH and how you can participate!](#)
(see pg 3)

DISSEMINATION

Posters and Presentations

Rich M, **Hargraves D**, Gottschlich M, De Jesus S. Knowledge, Skills, and Attitude: Career and Leadership Development Through a Community Primary Care Champions Fellowship. Peer-reviewed Oral Presentation. Society of Teachers in Family Medicine Annual Conference; 2022 May 1-4; Indianapolis, IN.

Rich M, **Hargraves D**, Gottschlich M. From Drab to Fab: A Multimedia Makeover for the Virtual Age. Peer-reviewed Oral Presentation. Society of Teachers in Family Medicine Annual Conference; 2022 May 1-4; Indianapolis, IN.

De Jesus S, **Hargraves D**, Stryker S. Initial Outcomes for an Interdisciplinary Community Primary Care Champion Fellowship: Substance Use Disorder Training. Poster Presentation. Society of Teachers in Family Medicine Annual Conference; 2022 May 1-4; Indianapolis, IN.

Doshi S, Klafter S, **Pallerla H**, **McDonald S**, Malosh L, Cotton S. The Relationships Among Race, Gender, and Resiliency in Medical Students: A Longitudinal Analysis oral presentation the 2022 International Congress on Integrative Medicine and Health; Phoenix, Arizona, May 23-26, 2022.

Funke C, **McDonald S**, McGraw M, **Pallerla H**, Cotton S. Impact of an 8-Week Mindfulness and Resilience Virtual Training on Stress and Burnout for University Faculty and Staff. Poster presentation at the 2022 International Congress on Integrative Medicine and Health; Phoenix, Arizona, May 23-26, 2022.

Davis S, **Hargraves D**, **Pallerla H**. Tell Me Your Story COVID19 Version: Comparing medical student remote vs. in-person interviews with healthy older adults. A poster presentation at the 2022 American Geriatrics Society Annual Scientific Meeting; May 12-14, 2022; Orlando, Florida.



REGISTER NOW!

Webinar | Wednesday, May 25, 2022 | 12 - 1 p.m. ET

Remote Monitoring for Diabetes: Embracing Technology to Improve Patient Care



Keynote Speaker

Kathleen Dungan, MD, MPH

Professor and Associate Director of Clinical Services
Division of Endocrinology, Diabetes & Metabolism
The Ohio State University



Clinical Practice Spotlight

Megan Rasch, PharmD

Ambulatory Care Pharmacist
Five Rivers Health Centers

Objectives

- Define remote monitoring and technological options for diabetes management.
- Identify patient populations for whom remote monitoring is appropriate.
- Set up systems of care using remote monitoring for the intensification of diabetes management.

1.0 CME credit offered at no cost

Advance Registration Required

Click to Register →

Or visit [Cardi-OH.org/webinars/register](https://cardi-oh.org/webinars/register)

After registering, you will receive a confirmation email with information about joining the webinar and a calendar invitation.

To join the webinar in progress, head to <https://cwru.zoom.us/j/99883351624?pwd=U3BQMjExOGRORG5UNjk2eThsdGc0dz09>

About Cardi-OH: The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

Questions? If you have any questions or need assistance with registration please contact the Cardi-OH Team at info@cardi-oh.org.

The MetroHealth System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians. The MetroHealth System designates this educational activity for a maximum of 1.00 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. Other Healthcare Professionals: check with your professional association as these credits might be applicable for licensure renewal.

In partnership with:



Research Directory

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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



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