

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. This issue continues our staff spotlight with Principal

Research Assistant Harini Pallerla, MS. Let us know how we might work together and assist with building your project from grant submission to evaluation.

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

A special thank you to Dr. Chris White

Chris White, MD transitioned from his role as Research Division director on May 1, 2019. He leaves a legacy of accomplishments both in academia and in the development of the Research Division. Under his leadership, staff members were assured professional development, building and expanding their skillset to be prepared and adapt their strengths and interests to the evolving landscape of project opportunities.

He also was an integral faculty member for the department in growing funding opportunities and facilitating the growth of many in Family Medicine as project leaders, better educators, and future torch bearers for the department, the field, and the people we serve.

Though he will no longer be a fixture on campus, he will continue his role on the HRSA Primary Care Training Enhancement project through 2020 in its fifth and final year.

All of us in the Department of Family and Community Medicine wish him the very best in his new endeavor, serving in federally qualified health centers in Northern Kentucky. They have gained a great mind, and both leader and servant.



Research Division team members host 'Understanding the Opioid Epidemic: Change starts with you' discussion



Ryan Dattilo (L) with Dr. Jeffrey Schlaudecker

On May 8, a group of Family Medicine colleagues gathered for a thoughtful dinner and discussion on their role as providers in the opioid epidemic. Ryan Dattilo shared his personal journey of addiction and recovery, emphasizing hope as a critical element in helping patients with opioid use disorder. Amy Parker, community outreach manager and peer recovery coach, also shared her story with attendees. She recently celebrated seven years in recovery and talked about the importance of peer support and self-care. She also encouraged providers to be brave and start a conversation with their patients. Dr. Chris White identified opportunities for regional and neighborhood advocacy, urging guests to take action. Dr. Jeff Schlaudecker led a discussion on the

New England Journal of Medicine article, *Caring for Ms. L - Overcoming My Fear of Treating Opioid Use Disorder*. This event was sponsored by the HRSA Primary Care Training and Enhancement grant supplement for Medication Assisted Training.



Amy Parker

For more information or resources on how you can act, please contact program coordinator, Keesha Goodnow at keesha.goodnow@uc.edu, (513) 558-6234.

WELLNESS CORNER

By Mary Beth Vonder Meulen, RN

We all share more than food and culture within our communities. We also spread disease. Luckily, we live in a time when vaccines can protect us from many of the most serious illnesses. Staying current on your vaccinations helps not only you but also members of your community, especially the very young, very old and very ill. Protect yourself and everyone else by getting vaccinated!

Here are 16 vaccine-preventable diseases. Are you up to date? Talk to your healthcare provider.

- Bacterial meningitis
- Chickenpox
- Diphtheria
- Haemophilus influenza type b
- Hepatitis A and Hepatitis B
- Human papillomavirus (HPV)
- Influenza (flu)
- Measles, Mumps and Rubella
- Pertussis (whooping cough)
- Pneumococcal pneumonia
- Rotavirus diarrhea
- Shingles
- Tetanus

Source: National Institutes of Health;
www.nih.gov/wellnesstoolkits

American Well®

An Expert Panel Discussion

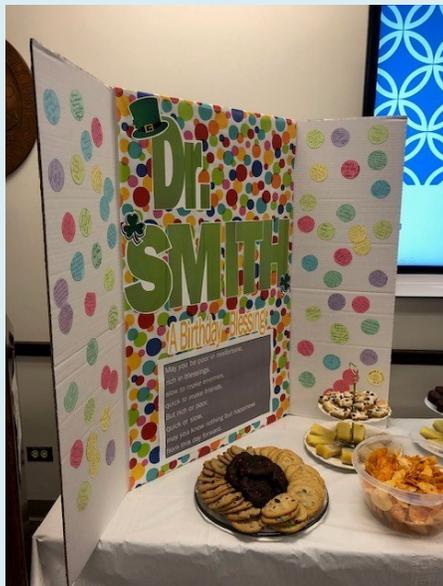


Charles Doarn, MBA leads expert panel discussion

Charles Doarn, MBA, was chosen to lead a panel discussion on the emerging field of telehealth. The discussion included key members and leaders in the field to discuss the rapidly changing landscape and the challenges that health systems need to overcome as a result. Topics of discussion included patient care and access, affordable care access, shortages of clinicians, and geographic disparities. Doarn remains at the forefront as co-editor-in-chief of the journal, *Telemedicine and e-Health*.

Dr. Robert Smith celebrates his 98th birthday

On March 29, 2019, the DFCM gathered to celebrate Dr. Robert Smith's 98th birthday. A very special thank you to Mary Beth Vonder Meulen, RN, who made extra efforts to organize the event.



DISSEMINATION

Manuscripts

Schlaudecker JD, **Goodnow K**, Goroncy A, Hartmann R, **Regan S**, Rich M, Butler A, **White C**. Meaningful Partnerships: Stages of Development of a Patient and Family Advisory Council at a Family Medicine Residency Clinic. *J Participat Med* 2019;11(1):e12105 URL: <https://jopm.jmir.org/2019/1/e12105> DOI: 10.2196/12105 <https://jopm.jmir.org/2019/1/e12105/>

Doarn CR, Henderson K, Rasmussen PA, Schoenberg R. Best Practices: Understanding New and Sustainable Approaches Integrated into Health Care Systems. An Expert Panel Discussion. (1) White Paper with American Well and Mary Ann Liebert, Inc. Publishers and (2) *Telemed J E Health* 2019; 25(7):##.

Posters and Presentations

Moore R, Rich M, **Hargraves D**. Initial outcomes of a social determinants of health curriculum for primary care fellows. A poster presented at the National Collaborative for Education to Address the Social Determinants of Health Annual Conference; May 7, 2019; Chicago, IL.

Bedard-Thomas J, Gausvik C, Wessels J, **Regan S**, **Goodnow K**, Goroncy A. Social isolation and loneliness from the patient perspective: a thematic analysis. A poster presentation at the Annual Scientific Meeting of American Geriatric Society; 2019 May 2-4; Portland, OR.

Regan S, Brammer S, Collins C. Virtual Reality Simulation and Social Determinants of Health: A High-Tech Strategy to Improve Health Outcomes. 14th All-Ohio Institute on Community Psychiatry. Columbus March 15-16, 2019.

Staff Spotlight: Harini Pallerla, MS

Over the course of the next several editions, the Research Division would like to highlight the staff members behind the scenes of the success of many of the department's projects within the university's walls and out in the community. This interprofessional team is a culmination of years of training and experience in varied backgrounds, providing a strong, unique base of skills that reaches beyond standard tools of academia. This spotlight section will be dedicated to highlighting a more granular view of the division's celebrated staff.

We continue the series with the Research Division's data analyst, Harini Pallerla, MS. Pallerla has been part of the Research Division for over 10 years and brings a host of talents and skills to the DFCM. In addition to data analysis, she also assists the DFCM with IRB submissions for several faculty and learner projects. Below, Pallerla describes how she became a Research Division team member and some of her numerous projects.



From Harini Pallerla, MS:

With a background and degree in computer science, I never thought that I would be working in the healthcare field. When I first came to this country, I wanted to continue to expand my knowledge and also better understand the opportunities available to me before I joined the corporate world. My initial research on possible fields of study brought the thought of applying my computer science knowledge in healthcare. I obtained my Masters in Health Administration/ Planning from the University of Cincinnati.

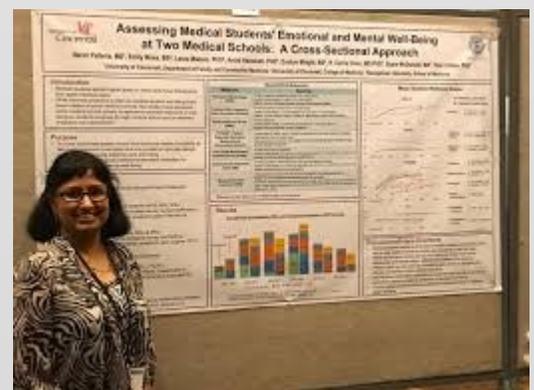
During my job search, I was networking with different people working in healthcare fields. I met Dr. Applebaum from Miami University who got me in touch with (Research

Division director) Soni Regan. I was impressed with the many projects that were going on in the Research Division and wanted to be part of it. I was first hired as research assistant for the SEAPS study (with Dr. Nancy Elder as the Principal Investigator) and worked on many more impressive projects over the years. The continued encouragement and support I have received has made it fulfilling to work here.

Currently, I am a principal research assistant in the Research Division and my key responsibilities include survey and database

design, data management and analyses, and IRB management. I am involved in Ohio Department of Medicaid & Government Resource Center projects like the multi-institution Cardi-OH Cardiovascular Disease and Hypertension Collaborative, and a partnership with UC College of Nursing on Virtual Reality Simulation and Social Determinants of Health: A High-Tech Strategy to Improve Health Outcomes; community partnered projects like Centering Pregnancy, Global Health projects and many student research projects. I also work with the Center for Integrative Health and Wellness (with Dr. Sian Cotton) on projects like Medical Student Wellness programs, Mind Body Program, and Mindfulness-Based Stress Reduction programs.

Data is key in all the innovative projects. My passion is working with large datasets and databases. Any project that requires intensive data management and analyses is my ideal dream project.



Research Directory

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Faculty



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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!

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