

# 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

## Research Division welcomes new team members

The Research Division team has been expanded with the addition of new research assistant, Karen Chinchilla, LSW and program coordinator Michelle Kujat. Ms. Chinchilla will be assisting Shanna Stryker, MD MPH with several regional projects including working with under-resourced Latinx community members. She will also join the Cardio-OH statewide collaborative sponsored by the Ohio Department of Medicaid to develop materials to disseminate best-practice guidelines on diabetes care for primary care providers, assisting fellow project team member Amanda Arnold, MD with project materials.

Karen is a proud graduate of the University of Cincinnati with a social work degree and is an LSW. With several years of professional experience in multicultural, educational, and community settings, her passion is helping to establish relationships and data-driven results that promote success in life through higher education. Her social work background provides extensive experience in working with people of diverse backgrounds from acclimating Latin American immigrants to social and educational services to providing career and vocational coaching to at-risk, minority youth and adults. Her past roles entailed managing a myriad of social service programs and community outreach projects targeted toward underserved populations to providing direct services. In her previous positions, she provided all program coordination, data analysis reporting, and delivery of instruction for ESL (English as a Second Language), life skills, youth mentoring, SEL (Social Emotional Learning), community service projects as well as field instruction for college interns. She's collaboratively partnered with Cincinnati Children's Hospital and the Norwood Health Department in providing preventive and interventional programming for at-risk populations based on community surveys and data analysis. She strives to provide service delivery in a diverse, inclusive manner to help alleviate any barriers while effectively collaborating with essential support systems that promote positive outcomes for program participants. Karen is interested in immigrant and cultural issues related to accessing health services, cultural identity, language acquisition and acculturation.

Karen lives with her family in Cincinnati, loves to travel, immerse herself in new cultures and languages and the experience the great outdoors.

Michelle Kujat will serve as program coordinator for the Research Division. She will be relocating from Ann Arbor, MI where she has worked in various health care and research settings, including advising first generation high school graduate and post-secondary program enrollees and students. She has led diversity initiatives and developed advising and support materials for parents of incoming college students with disabilities. She will begin her position in the Research Division in December.

Welcome Karen and Michelle! We are so excited about the future with our newest team members.



Karen Chinchilla

# Statewide Cardi-OH Diabetes Quality Improvement Project Demonstrates Patient Improvement Regionally

The Quality Improvement Project (QIP) is statewide initiative of the Ohio Cardiovascular Health Collaborative and Ohio Medicaid. The University of Cincinnati, under the leadership of Case Western Reserve University, is midway through this QIP which is focused on improving outcomes for adult Medicaid patients with uncontrolled Diabetes (HbA1c > 9%). The UCH-PC Quality Improvement Team is working with experts from the Institute for Healthcare Improvement (IHI). Research Division team member Mary Beth Vonder Meulen serves as project manager for the QIP.

Three of the UCH-PC practices have been running diabetic care improvement cycles (PDSA cycles) in the areas of pharmacy, mental health and the use of Care Managers to support the clinical teams. After the first six months of trialing these interventions, practice providers found that when a Care Manager was added to the clinical team, improvements in HbA1c levels were noted.

The Government Resource Center (GRC), who provide project management for Ohio Medicaid, and the project leads at CWRU, created a series of lectures, clinical improvement presentations and best practices reviews. These were presented at two Fall Learning Days, consisting of two three-hour sessions. Attendees included personnel from Ohio Medicaid, the Ohio Medicaid Managed Care Plans, the research teams from each participating Ohio Medical School and the clinicians from the QIP practices.

The University of Cincinnati team was honored to present a plenary session, Teams in Action. UCH-PC Performance Specialist Trish Hunter presented on interdisciplinary teamwork, with a focus on the weekly PDSA Huddles. More information about Primary Care Huddles is available at [Cardi-OH.org](http://Cardi-OH.org). Resources include Team Huddles: Keys to Successful Implementation by UC's Dr. Michael Holliday.



## WELLNESS CORNER

By Mary Beth Vonder Meulen, RN

### Your mother was right ... make your bed!

If you take a few minutes to make your bed in the morning, you'll know you've already done one thing. It's a simple thing that can help you start the day feeling in control. Then, if it turns out to be a day when you haven't accomplished as much as you wished, coming home to a properly made bed can make your room feel tranquil, helping you to relax.

Gretchen Rubin, the author of "The Happiness Project", found in her research that the one of the most common changes that led to happiness was making the bed each morning. In "The Power of Habit," author Charles Duhigg says that daily bed-making becomes a "keystone habit, something that kickstarts a chain of other good decisions throughout the day".

In a 2014 commencement speech at the University of Texas at Austin, Naval Admiral William McRaven, the commander of U.S. Special Operations, shared his thoughts on the matter. "If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter."

All in all, your mother was right ... make your bed.

### WEBINAR

Wednesday, December 1, 2021  
12 - 1 p.m.



## Management of Type 2 Diabetes in the Adolescent and Young Adult: Preventing Diabetes-Related Comorbidities and Bridging the Transition to Adulthood

### SPEAKERS



**Rose Gubitosi-Klug, MD, PhD**  
Professor and Chief, Pediatric Endocrinology  
Case Western Reserve University  
UH Rainbow Babies and Children's Hospital



**Erika Lundgrin, MD, MS**  
Assistant Professor, Adult & Pediatric Endocrinology  
Case Western Reserve University  
University Hospitals

This 1.00 CME credit webinar will review evidence-based guidelines to improve patient care, describe family-based assessments and approaches to enhance diabetes management, and identify transition of care models and technology to prevent treatment lapses and urgent medical care for adolescents and young adults with type 2 diabetes.

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

# DISSEMINATION

## Posters and Presentations

Halimat O, Kaiser T, **Knapke JM**, McCabe E, Tobias B, **Regan SL**, and Mount HR. "Cracking the Code: How to Recognize a Future Family Medicine Physician." Paper presentation at the FMEC Annual Meeting; October 8-10, 2021; Pittsburgh, PA.

**Stryker S**, Rabin J, Peralta J. Community Building for Health and Mental Wellness: Latinos Unidos por la Salud. Oral presentation at the University of Cincinnati Mental Health Action Summit; October 2021.

Odea C, **Stryker S**, De la Garza Iza F, Rabin J, Mejia M, Cordon Juarez A, Espinola M, Rodas D, Grazioso M. Building Capacity in Mental Health for Primary Care Professionals in Rural Guatemala: An Interdisciplinary Multicultural Approach Using Project ECHO®. Oral Presentation at the AAFP Global Health Summit; October 2021.

Ismail M, Doshi S, Elzarka A, **Stryker S**. Evaluating a Health Literacy Curriculum For Adolescent Refugees in Cincinnati Public Schools. Poster session at the North American Refugee Healthcare Conference. Virtual; September 2021.

Gottschlich M, Rich M, **Hargraves D**. Promoting Provider Wellness: Impact of a Primary Care Fellowship on Measures of Burnout. A poster presented at the Society of Teachers of Family Medicine Conference on Practice and Quality Improvement; September 13-15, 2021; Virtual Conference. [View presentation here.](#) 

## Publications

Schrimpf Davis S, **Regan S**, **Goodnow K**, Gausvik C, **Pallerla H**, Schlaudecker JD. Tell Me Your Story: Experiential learning using in-home interviews of healthy older adults. J Am Geriatr Soc. 2021 Oct 20. doi: 10.1111/jgs.17483. Epub ahead of print. PMID: 34669185.

Schlaudecker J, **Hargraves D**, **Stryker S**, Cafferty P, Gottschlich M, Rich M. Transition of a Primary Care Fellowship to A Virtual Format: Lessons Learned. Interdiscip J Virtual Learn Med Sci. 2021;12(4):2-7. doi: 10.30476/ IJVLMS.2021.91700.1105.

**Stryker SD**, Kishton R, Nichols B, et al. 'Depression is not a familiar word': A mixed-methods approach to describe the experience of primary care nurses treating depression in rural Guatemala. International Journal of Social Psychiatry. 2021; In press. doi:10.1177/00207640211047882

**Stryker SD**, Yockey RA, Rabin J, Vaughn LM, Jacquez F. How do we measure stress in Latinos in the United States? A systematic review. Health Equity. 2021;5(1): 338–344, DOI: 10.1089/heap.2020.0112.

**Stryker SD**, **Pallerla H**, Yockey RA, Bedard-Thomas J, Pickle S. Training Mental Health Professionals in Gender-Affirming Care: A Survey of Experienced Clinicians. Transgender Health. 2021; In press. <http://doi.org/10.1089/trgh.2020.0123>

Yockey A, **Stryker S**. The Epidemiology of Cocaine Use Among Hispanic Individuals: Findings From the 2015–2018 National Survey of Drug Use and Health. Hispanic Health Care International. 2021;19(2):105–111. doi:10.1177/1540415320971634

<p>Transgender Health, Ahead of Print  </p> <p><b>Training Mental Health Professionals in Gender-Affirming Care: A Survey of Experienced Clinicians</b></p> <p>Shanna D. Stryker , Harini Pallerla, R. Andrew Yockey, Julia Bedard-Thomas, and Sarah Pickle</p> <p>Published Online: 12 May 2021   <a href="https://doi.org/10.1089/trgh.2020.0123">https://doi.org/10.1089/trgh.2020.0123</a></p> <p> <a href="#">View article</a>  </p>	<p> Interdisciplinary Journal of Virtual Learning in Medical Sciences</p> <p><b>Transition of a Primary Care Fellowship to A Virtual Format: Lessons Learned</b></p> <p>Jeffrey Schlaudecker<sup>1</sup>, MD, Med.  Daniel Hargraves<sup>2</sup>, MSW,  Shanna D. Stryker<sup>1</sup>, MD, MPH; Patrick Cafferty<sup>2</sup>, MPAS, PA-C, DFAAPA; Melissa Gottschlich<sup>2</sup>, PA-C, MPAS; Megan Rich<sup>1</sup>, MD</p> <p><small><sup>1</sup>Department of Family and Community Medicine, College of Medicine, University of Cincinnati, Cincinnati, Ohio, USA</small></p>	<p><b>JOURNAL OF THE AMERICAN GERIATRICS SOCIETY</b> </p> <p>Education and Training</p> <p><b>Tell Me Your Story: Experiential learning using in-home interviews of healthy older adults</b></p> <p>Susan Schrimpf Davis DO  Sandra Regan PhD, MGS, Keesha Goodnow BAE, Christian Gausvik MD, Harini Pallerla MS, Jeffrey D. Schlaudecker MD, MEd</p>
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**Click on articles to read more!**



Spring 2022 TeleECHO Clinic

# Weight Management and Behavior Change: Cases and Discussions

**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 27 to April 14, 2022**

**REGISTER NOW!** [cardi-oh.org/echo/register](http://cardi-oh.org/echo/register)

**FREE 12-week series. No cost CMEs.**

## How It Works

Cardi-OH ECHO utilizes simple videoconferencing technology to conduct virtual clinics with community healthcare 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.

## Why Join Cardi-OH ECHO

- » Professional development and retention
- » Continued learning through the sharing of best practices
- » Increased efficiency and joy of practice
- » Improved cardiovascular and diabetes health outcomes
- » Patient retention and satisfaction

## Curriculum Highlights

- » Motivational interviewing
- » Goal setting and behavior change
- » Social determinants of health and mental health barriers
- » Pharmacotherapy for obesity
- » Cultural competence

## Testimonials

“I enjoyed hearing alternative perspectives, learning more about diverse communities, and expanding my knowledge base. I enjoyed the case studies and collaborating on plans for these patients.”

Jane Rupp, CNP  
University Hospitals Otis Moss Jr. Health Center, Cleveland, Ohio

“It was well paced and well presented. I learned a lot of clinical pearls that will improve my skills and practice.”

Akram Assaly, PA-C  
University of Toledo General Internal Medicine, Toledo, Ohio

The MetroHealth System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians, and designates this educational activity for a maximum of 12 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.

For information on Project ECHO®, visit [echo.unm.edu](http://echo.unm.edu)

In partnership with:



*Founded in 2017, the mission of Cardi-OH is to improve cardiovascular and diabetes health outcomes and eliminate disparities in Ohio's Medicaid population.*

Questions?

✉ [ECHO@CARDI-OH.ORG](mailto:ECHO@CARDI-OH.ORG)

🌐 [HTTPS://CARDI-OH.ORG/](https://cardi-oh.org/)

# Cardi-OH ECHO Eligibility Requirements for Practices and Participants



## Practice 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

## Practice 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 (deadline TBD)
- » 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)

## By registering, you confirm your acknowledgement and consent to participate in the Cardi-OH TeleECHO Clinic and agree to:

- » Participate collegially in regularly scheduled Cardi-OH TeleECHO Clinics by presenting cases, providing comments, and asking questions;
- » Keep confidential any patient information provided by other participants during a clinic;
- » Complete periodic surveys to help improve services to clinicians and other partners;
- » Use required software including, but not limited to, Zoom and Box;
- » Provide clinical updates and de-identified outcome data on patients as needed;
- » Be solely responsible for the treatment of your patients and understand that all clinical decisions rest with you regardless of recommendations provided by other Cardi-OH ECHO participants;
- » Ensure that your patients are aware of your participation in Cardi-OH ECHO and their de-identified information could be shared.

*Founded in 2017, the mission of Cardi-OH is to improve cardiovascular and diabetes health outcomes and eliminate disparities in Ohio's Medicaid population.*

Questions?

✉ [ECHO@CARDI-OH.ORG](mailto:ECHO@CARDI-OH.ORG)

🌐 [HTTPS://CARDI-OH.ORG/](https://CARDI-OH.ORG/)

# Research Directory

(513) 558-1430  
<http://www.familymedicine.uc.edu/research>

## Faculty



**Sian Cotton, PhD:** Professor,  
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**Soni Regan, PhD:** Assistant Professor,  
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Health equity, Effects of trauma/stress on  
health, Transgender health, Immigrant/  
refugee health, Health systems innovation

## Staff



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**Harini Pallerla, MS:**  
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**Mary Beth Vonder Meulen, RN:**  
Research Nurse  
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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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