

# Research Division

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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.

## WELCOME FROM THE DIRECTOR

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 extends gratitude and bids farewell to key team members

The Research Division would like to offer a very special and heartfelt thank you to our team members who are entering their respective next life journey.

Alexandra Burnett, MD, has been an invaluable member of the team, serving as both support and content consultant on several projects. She is beginning her family medicine residency at The Ohio State University this summer.

Keesha Goodnow, BAE, leaves a legacy of dissemination and a strong foundation in patient and family advocacy councils throughout the Greater Cincinnati area. After a brief, but profoundly productive career with the team, she will be retiring, along with her husband, and heading West.

Tony Leonard, PhD, provided insight and analysis for many projects over the years, offering his unique expertise to bring manuscripts, posters, and presentations to further “significance” for team members. He will continue his work with the Division of Biostatistics and Bioinformatics in the Department of Environmental Health.

From all of us in the Research Division, thank you for all you have done and who you are, and the very best in your next journey!



## Research Division team member Shanna Stryker, MD MPH awarded UC Office of Research grant

Dr. Shanna Stryker was recently one of eight researchers at UC awarded a Collaborative Research Advancement Program Pilot Grant from the Office of Research. She will work with Julie Leftwich, Adjunct Professor in the College of Law and Executive Director/Co-Founder of the nonprofit the Immigrant & Refugee Law Center, to do a feasibility study of a student-centered medicolegal partnership that will pair physicians, attorneys, and UC students to advocate for local immigrants' and refugees' human rights. She has been working with students of the College of Medicine's Global Health Interest Group to provide forensic medical evaluations of individuals seeking asylum since 2019, and looks forward to formally studying whether this initiative can be scaled up through a partnership with the Immigrant & Refugee Law Center.



Cardi-OH's newest podcast also features Dr. Stryker discussing Collateral Damage: Substance Use and the Pandemic. You can listen here:

<https://www.cardi-oh.org/podcasts/12-collateral-damage-substance-use-and-the-pandemic>



## WELLNESS CORNER

By Mary Beth Vonder Meulen, RN

### Responding safely to the Call of the Wild

As the weather improves, many of us plan to answer that call by hitting the trails. Hiking is a great way to get some exercise and enjoy the beauty of the natural world, but it's smart to prepare for potential dangers.

Some safety tips to keep in mind:

- ◇ Partner with a friend and stay together on the trail
- ◇ Remember that you may not have GPS reception or cell service to call for help
- ◇ Always tell someone where you will hike and who to call if you are not back at the planned time. This could be a park ranger or local law enforcement.
- ◇ Do your homework and check the trail difficulty ahead of time. Choose a trail appropriate to your ability level.
- ◇ Hydrate ahead of time and take plenty of water with you. Will you be sweating heavily and need to replace salts and minerals? Will you need to take food? Plan ahead.
- ◇ For safety, take a basic first aid kit, a flashlight, a compass and a whistle, in case you get lost. Three blows of a whistle are an internationally recognized distress signal

**Protect and preserve:** Minimize your environmental footprint. Do not pick flowers or disturb the landscape. Take a garbage bag to dispose of your trash as well as any trash left behind by other hikers.

For more information visit the U.S. National Park Service Website: <https://www.nps.gov>

SPRING

## UC DFCM welcomes Susan Davis, DO to Cardi-OH team

The statewide collaborative of Ohio's schools of medicine known as Cardi-OH was recently awarded two years of additional funding from the Ohio Department of Medicaid. One of its primary objectives is to develop materials and tools in best practice care to primary care providers serving Medicaid patients with diabetes and hypertension.

This year, the UC team will be joined by Susan Davis, DO, who recently led a successful regional Nursing Home COVID-19 Project ECHO series with administrators and health care professionals. She cares for Medicare and Medicaid patients in retirement communities and long-term care, placing her in a unique position to consult on best practices in care for older adults, a population that has yet to be adequately addressed within Cardi-OH.

Visit <https://cardi-oh.org/> to learn more and get free access to educational materials, including:

**Capsules** – brief summaries of best practices in clinical care.

**Currents** – summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension.

**Podcasts** - highlight national, state, and local leaders discussing timely topics for primary care clinicians. (see Stryker story above)



# DISSEMINATION

## Posters and Presentations

**Goroncy A, Gurbis J, Goodnow K.** Practicing Strategies to Address Implicit Racial Bias in the Home Visit Setting: A Qualitative Study of Family Medicine Residents. A poster presentation at the Society of Teachers of Family Medicine Annual Spring Conference; May 3-7, 2021; Virtual.

**Gurbis J, Goodnow K, Regan S, Goroncy A.** Addressing Implicit Racial Bias in the Clinical Setting: A Qualitative Study of Family Medicine Residents. A poster presentation at the National Collaborative for Education to Address the Social Determinants of Health, 2021 Annual Conference, February 22-24, 2021; Virtual.

**Practicing Strategies to Address Implicit Racial Bias in the Home Visit Setting: A Qualitative Study of Family Medicine Residents**  
 Anna Goroncy, MD, Med<sup>1</sup>, Jamal Gurbis, BS<sup>1</sup>, Keesha Goodnow, BA<sup>1</sup>  
 University of Cincinnati Family Medicine Residency  
 Submission ID: 5616

**PURPOSE:** Implicit racial bias (IB) in physicians contributes to racial health inequities, yet few curricula addressing IB in graduate medical education have been evaluated, especially in the clinical setting.

The purpose of this phenomenological study is to characterize family medicine (FM) residents' experience of employing strategies to mitigate IB during primary care home visits (HVs) to urban, predominantly African-American, homebound older adults. The outcomes of this qualitative study will inform future curriculum development.

**METHODS:** FM residents in an urban, community-hospital based program completed pre-work, including taking the Implicit Association Test and evaluating strategies to address IB. Residents applied these strategies during HVs to homebound older adults. Residents completed written reflections about their experiences and commitments-to-change (CTC). A survey two months later assessed completion of targeted actions and barriers faced. Resident focus groups were utilized to enhance themes drawn from reflections. Researchers conducted a thematic analysis of this data January-July 2020.

**Two-month Follow Up Survey** n=9  
 Commitment to change remained the same  
 Implemented change (fully or partially)  
 ■ Yes ■ No 0% 20% 30% 50% 100%

**RESULTS:** Thematic analysis identified five themes: Response to IAT, barriers, strategies, value of HVs and mindfulness definition. In follow-up survey, all residents' stated level of CTC remained the same (9/9, 100%) and 8/9 residents (89%) had partially or fully implemented their intended change at 2 months.

**CONCLUSION:** This study found a lasting impact of IB training as residents continued to implement newly learned strategies in the clinical setting two months after training, applied skills to other bias types, and to settings outside of HVs. These findings can facilitate development of meaningful, clinically-based IB curricula with lasting impacts.

*This hit home for me; it's not enough to be aware, we need to become actively anti-racism advocates. I know I need to do more.*  
 -3<sup>rd</sup> year Family Medicine Resident

Take a picture to view the presentation narration.

**Resident Pre-work for the Home Visit**

- Test:** Complete the Implicit Association Test (IAT) or review results if already taken or provided.
- Read:** Read the Family Practice Management article: "Bias in Identity, Underlying and Unconscious: How to Overcome Bias and Improve Patient Care" (1/18/20).
- Watch:** Watch the "Test Take" video to review our biases, work study, download them (13 total), how to overcome bias and watch (1/18/20).
- Discuss:** Do prepared to discuss one bias you identify with at least one other out of class and commit to at least one strategy from the video to practice during the home visit.

**Timeline of Curriculum Intervention and Context of Current Events**

Year	Event
2020	JAN 22: IAT
MAR 13: Home visit	
MAR 16: Home visit	
MAR 19: Home visit	
APR 18: Home visit	
MAY 13: Finalized level of CTC by Resident	
MAY 15: Home visit	
MAY 18: Home visit	
MAY 21: Home visit	
MAY 25: Home visit	
JUL 7: Final CTC	

## Evaluating the Community Resource App

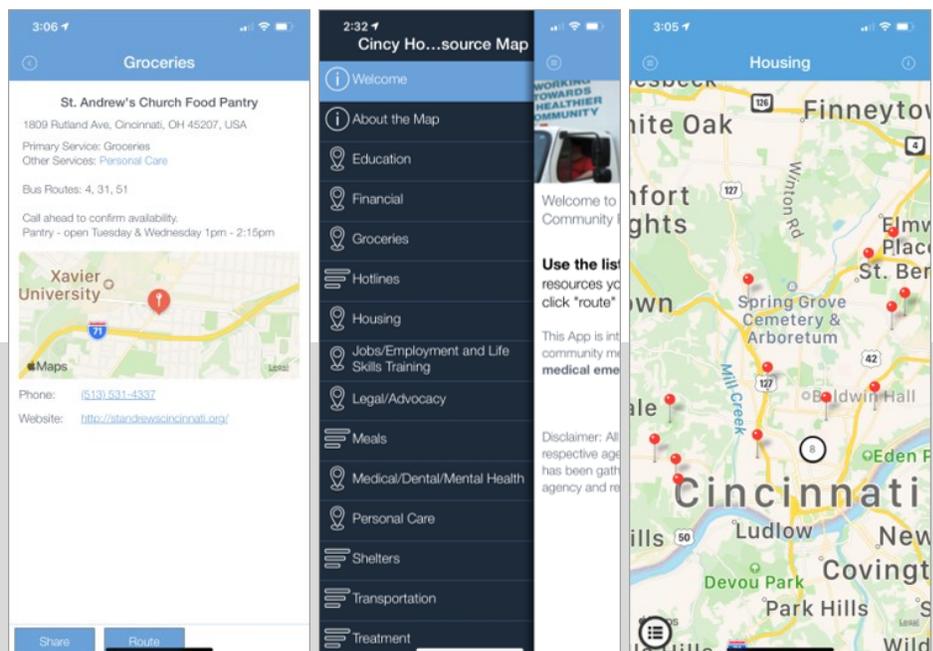
The Cincinnati Homeless and Community Resource Map is intended to help those who provide healthcare or other services to those experiencing homelessness to access meaningful resources and agencies.

The map started in 2001 through a partnership between UCCOM Department of Family and Community Medicine, UC Medical School's Urban Health Project, UC's Community Design Center and Interact for Health. Resource maps were created and distributed to community organizations.

In 2017, a grant from UC's Center for Clinical And Translational Science and Training provided the opportunity to study the utilization of the current print map to create this mobile app.

The Mark P. Herschede Medical Research Fund of the Greater Cincinnati Foundation is funding the evaluation of this resource app. The goal of this evaluation is to test the mobile phone app for ease of use, content, and usefulness by persons who are experiencing homelessness or other social determinants of health, as well as service providers and healthcare professionals.

To date, 25 end-users have evaluated the app through two options: remote meetings or independent evaluations. Evaluators download the app, use the app while sharing their thoughts out loud, answer a few questions and complete the System Usability Scale. The results will help identify gaps in resources and suggestions for improvements. The app is live and ready for use! Download it today!



**iPhone:** <https://apps.apple.com/us/app/cincy-homeless-resource-map/id1264537860>

**Android:** [https://play.google.com/store/apps/details?id=com.app.p1665FC&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.app.p1665FC&hl=en_US&gl=US)

If you have feedback, please contact Keesha Goodnow: [keesha.goodnow@uc.edu](mailto:keesha.goodnow@uc.edu)



Fall 2021 TeleECHO Clinic

## Your Patient with Diabetes at Risk for Heart Disease: A Series of Case Discussions

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

**DATE:** Thursdays - 8 to 9am  
September 16 to December 9, 2021

**REGISTER NOW!**

FREE 12-week series. Space is limited.  
Registration deadline July 30, 2021.

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

### How It Works

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

### Testimonials

“I enjoyed listening to the interactions between the panelists and other practitioners across the state, along with the presentation of the case studies.”

**ROBERT MEYUNG, RN** Crossroad Health Center, Cincinnati, Ohio

“Based on what I learned in the Cardi-OH ECHO series, I will take steps toward better communication with our patients and creating a community with better support.”

**SHWETA DIWAKAR, MD** Cleveland Clinic Akron General Bariatric Center, Akron, Ohio

### 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

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

#### No-Cost CME credits available.

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).

Questions?

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

🌐 [WWW.CARDI-OH.ORG](http://WWW.CARDI-OH.ORG)

### 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

**WEBINAR**

Wednesday, June 9, 2021  
12 - 1 p.m.



# Success Stories from the Field: Involving Community Health Workers in Team-based Cardiometabolic Care



**PRESENTED BY**

**Elizabeth A. Beverly, PhD**

Associate Professor  
Osteopathic Heritage Foundation Ralph S. Licklider, D.O.  
Endowed Faculty Fellow in Behavioral Diabetes  
Department of Primary Care  
Ohio University Heritage College of Osteopathic Medicine

**FEATURING PANELISTS FROM:**

OhioHealth Physician Group, Athens  
Heart of Ohio Family Health, Columbus

This 1.00 CME credit webinar will define the role of community health workers (CHWs); describe effective CHW strategies to improve cardiometabolic care, improve outcomes, and reduce cardiovascular disease disparities; and offer real world approaches to integrating or linking CHWs into team-based primary care.

## Advanced Registration Required:

**Click to Register →**

Or visit [https://cwru.zoom.us/webinar/register/WN\\_QmJFDSRzSFmb5djXVHoEJQ](https://cwru.zoom.us/webinar/register/WN_QmJFDSRzSFmb5djXVHoEJQ)

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

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](mailto:info@cardi-oh.org)

The Ohio Cardiovascular and Diabetes Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this webinar are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.

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In partnership with:



# Research Directory

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

## Faculty



**Sian Cotton, PhD:** Professor,  
Director of Integrative Medicine  
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Coping with chronic illness,  
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**Anthony Leonard, PhD:** Associate  
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Healthcare delivery improvements, acute  
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**Soni Regan, PhD:** Assistant Professor,  
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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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