

# Research Division

## WELCOME FROM THE DIRECTOR

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Hello and welcome to the Winter 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 welcomes Andi Christopher, MA as new program coordinator



The Research Division welcomed its newest team member Andi Christopher, MA in January 2023. She will serve as program coordinator for the division. Please join us in welcoming Andi to our DFCM family!

Please tell us about yourself: I am from Cincinnati and graduated with my Masters in English Literary and Cultural Studies this past April. I love to travel, read, coach lacrosse, and spend time with my family and dog.

Something surprising about yourself: I spent a month backpacking through Italy, Greece, and Berlin with my brother this past summer as a post-graduation trip for both of us.

What do you like to do on your days off?: I am an avid reader so I love to read on my days off and evenings. Otherwise, I'm usually taking my dog, Peach, on hikes, cooking/baking, or spending time with my family.

What do you like most about your job?: Everyone in the Research Division has been so kind and welcoming, it makes me look forward to coming into the office each day.

What's your favorite blog or podcast?: I'm a big fan of "The Stacks" podcast and Instagram page – she is always reading and discussing interesting, timely fiction and nonfiction books. However, I listen to NPR's "Up First" every morning before I start the day.



# UC DFCM to begin Sawyer Pardo LGBTQ+ Fellowship

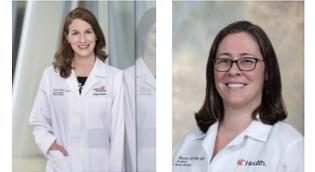
UC DFCM faculty member Sarah Pickle, MD recently received an award from an endowment to develop and implement the Sawyer Pardo LGBTQ+ Fellowship. Research Division team member Shanna Stryker, MD MPH will assist with program development and instruction within the fellowship.

The fellowship will have both clinical and scholarly components. The focus will be to: develop competency in LGBTQ+ primary care, including gender-affirming care and hormone therapy, reproductive and sexual health, family planning, and HIV medicine; learn interprofessional community-based behavioral health including identification and management of mental health conditions that are disproportionate in LGBTQ+ populations; understand mixed methods research approaches in addressing health disparities; become trained in curriculum development and design to further medical training in health equity and justice; and learn about health system and community-based program design and integration of interdisciplinary LGBTQ+ medicine programs across specialties.

Fellows will have clinical care experiences at the UC West Chester Hospital Family Medicine Practice. An advocacy and community outreach component of the fellowship will occur at Equitas Health and UC Health Wyoming in addition to Cincinnati Children's Hospital Medical Center.

Research Division team member Daniel Hargraves, MSW, will assist in developing a website that will serve as a one stop site for the program, including applying for the fellowship. The site aims to be launched by July 1, 2023 with the first cohort of fellows beginning July 1, 2024.

Pickle joined Sawyer Pardo, a student at the University of Roehampton and UC Health painter, and Phoebe Pardo, the Clever Crazes for Kids chief operating officer and Sawyer's mother, for an interview on 91.7 WVXU about the current lack of training for LGBTQ+ patients and how the fellowship program emerged. [Visit the WVXU website to learn more and listen to the discussion.](#)



## Team members to add new study dimension to project

Saundra Regan, PhD, and Jackie Knapke, PhD, along with the Data and Evaluation Team are working on two sub studies for the statewide Heart Healthy Ohio Initiative: 1) the Collaborative Formation and Effectiveness Survey, which aims to identify best practices when forming a collaborative; and 2) a Comparative Case Study, which aims to identify facilitators and barriers of primary care quality improvement by comparing themes from high-performing and low-performing practice sites. In addition to these, Drs. Regan and Knapke are returning to the three original co-design practices to collect follow-up observational and interview data to learn what went well during codesign and what could be improved.

The goal of the Agency for Healthcare Research and Quality (AHRQ)-funded collaborative is to expand a nascent statewide cardiovascular health collaborative and establish a sustainable external QI support infrastructure.

## WELLNESS CORNER

### Social Media and Mental Health

By Mary Beth Vonder Meulen, RN

Social media use has exploded in the past decade, especially use by adolescents. Negative stories about online predators and bullying have become common. In response, researchers have been looking at the relationship between social media use and mental health conditions.

Although increased social media use has been linked to symptoms of depression, anxiety, and stress, what you do and who you meet online can mean the difference between helpful and harmful effects.

Depression or anxiety can cause you to isolate yourself. Spending more time online may be a sign of social withdrawal. Online content may also expose users to harmful health behaviors and even make substance use behaviors seem normal.

If you click on things that bother you, you're likely to be shown more of those things. Scrolling through disturbing content can increase stress and anxiety. Extensive use can be especially harmful to users.

Research has also found that passive social media can be more detrimental than active use, which may result in an increase in offline human connections.

Conversely, social media can be a useful tool that helps you find mental health information and treatment options. Members of marginalized groups can connect to support communities. It all depends on how it is used. Mental Health experts recommend limiting the time spent on social media in favor of increased interactions with friends, family, and community.

NIH News in Health, Healthy Social Media Habits, Sept. 2022: <https://newsinhealth.nih.gov/2022/09/healthy-social-media-habits>

# DISSEMINATION

## Posters and Presentations

Houshel L, Johnson D, Trujillo B, Olaniyan H, Espinal E, **Pallerla H, Hargraves D**, Shomo A. Microaggressions and the Medical Student Experience at an Urban College of Medicine. A poster presentation at the Society of Teachers in Family Medicine Conference on Medical Student Education; 2023 January 26-29; New Orleans, LA.

Ledvora L, Rosenthal M, **Pallerla H**, Crosbie-Cockcroft J, Wulsin L. Feasibility and Efficacy of Implementing Principles of Cognitive Behavioral Therapy for Insomnia in an Underserved Maternity Care Clinic. Family Medicine Education Consortium Annual Meeting, September 2022, Arlington, VA.

Pickle S, Nandyal L, **Knapke JM**, Rivendale A. "Address the Stress: The Impact of a Family Medicine Clerkship Wellness Curriculum on Medical Student Perceived Stress." Society of Teachers of Family Medicine (STFM), STFM Conference on Medical Student Education, New Orleans LA, January 2023. (Presenter, In-Progress Research Project Presentation)

Rowena J. Dolor, MD MHS, **Mary Beth Vonder Meulen RN CCRC**, Sharbat Mazumdars MSc, Marian Wilson PHD MPH RN, T. John Winhusen PhD. EMPOWER Study - Comparison and Changes in Chronic Pain Management in Primary Care and Pain Clinics between 2016-2020. 50th NAPCRG Annual Meeting, November 19, 2022. Oral Presentation. Phoenix, AZ.

Wilson, M., Lewis, D. F., **Vonder Meulen, M. B., Regan, S. L.**, Dolor, R. J., Winhusen. T. J. (2023). Opioid dose reductions and pain intensity for chronic pain populations in primary care versus pain clinics between 2016-2020. Poster presentation, American Academy of Pain Medicine (AAPM) 39th Annual Meeting, March 23-26, 2022, Ft. Lauderdale, FL.

## Publications

Newman N, **Knapke JM**, Kinyalocots R, Belt J, Haynes EN. Collaborative Evaluation of a Childhood Lead Poisoning Prevention Training for Health Care Providers using Mixed Methods. Manuscript accepted by Journal of Osteopathic Medicine, November 11, 2022.

## Knapke expands Research Division curriculum to graduate course

Research Division team member Jackie Knapke, PhD, has developed a new graduate course for this current semester entitled "Practice and Community Based Healthcare Research." From the syllabus, "This course will introduce students to engagement in community-based research and the delivery of health interventions in community settings."

The course will be a blend of asynchronous, online content and live activities. This includes a blend of the research curriculum the Division has developed for the summer research experience for medical students. Each team member leads a topic area that includes recording a detailed video module and then meeting with the students to discuss an article in the literature or worked-project example of the topic for the week.

Students will be collating these weekly articles into a literature review table to summarize the content as a means of demonstrating comprehension. The course will culminate in a 10 minute presentation from each student that highlights an area of their own research interest and details from a worked project proposal.

Course content will include discussion of development of a research question, literature review, participant recruitment, CITI training and IRB protocols, informed consent, qualitative and quantitative data collection and analysis, community engaged research, and poster and publication development. The team looks forward to expanding their education reach!



# 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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