

# 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. This issue continues our staff spotlight with Senior

Research Assistant Daniel Hargraves, MSW. 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

## Undergraduate course in Research Division provides immersive opportunity for students

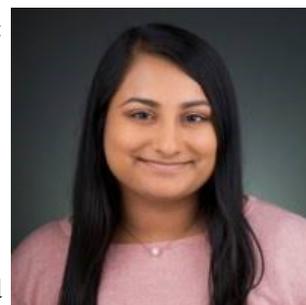
This semester, Soni Regan, PhD has again led a Research Division-developed course for undergraduates to provide an experiential learning opportunity entitled Practice and Community Based Healthcare Research. The course is designed to introduce students to practice and community based research that addresses issues related to health and the delivery of healthcare by primary care. The students are matched with a research mentor and also participate in research skills session that focus on methodology and best practices. The sessions include how-tos on every step of research from inception to dissemination including conducting a peer-reviewed literature search, formulating a research question, collecting and analyzing data, building a database, qualitative methods, designing a survey, submitting a project with the IRB, creating a poster presentation, and writing and submitting a manuscript. Students also have the opportunity to participate in weekly reflections and discussions regarding experiences in the field and shadow family physicians. The course culminates with a 15 minute presentation to staff and faculty in the Research Division on their lessons learned and semester experiences.



Daniel Hargraves leads a session on building a database



Sivani Alla



Manasa Sunkara

Two students, Sivani Alla and Manasa Sunkara, are enrolled in the course this semester. Both have had immersive research project experiences, working alongside staff and faculty. Sunkara has been assisting Division team members Harini Pallerla, MS, Mary Beth Vonder Meulen, RN, and Regan in all aspects of the MEDTAPP Virtual Reality Simulation (VRS) project partnership with the College of Nursing. This has included chart reviews, helping facilitate the VRS experience for healthcare professionals, and data analysis of the pre and post-experience surveys. Alla has been working with Anisa Shomo, MD, on identifying social determinants of health that might be barriers to regular exercise for patients at the Cincinnati Health Department Elm Street Clinic. She has been collecting surveys in the waiting room of the practice and built a database utilizing the tools and guidelines taught during the research methodology curriculum. She will use the coded database for analysis to determine facilitators in referrals, appropriate community resources and other practice-level opportunities in mitigating barriers to exercise for this diverse patient population. A special thanks to the Research Division staff for another successful semester!



Harini Pallerla leads a discussion on quantitative analysis

## UC DFCM teams with other departments for interprofessional opioid workforce expansion training

The Department of Family & Community Medicine team of Jeff Schlaudecker, MD, MEd, and Research Division team members Soni Regan PhD, and Harini Pallerla, MS, will be evaluating a 3-year \$1.35 million dollar HRSA-funded fellowship program, Serving At-risk, youth Fellowship Experience-specialty Training (SAFE-T), received by the College of Education, Criminal Justice and Health Services, College of Nursing and College of Allied Health. The PI is Michael Brubaker, PhD, (CECH) with co-PI's Shauna Acquavita, PhD, (College of Allied Health) and Angela Clark, PhD, (College of Nursing). This grant is funded by HRSA's Opioid Workforce Expansion Program. It will train students from the Master of Mental Health

Counseling (MHC), Master of Social Work (MSW), and Psychiatric-Mental Health Nurse Practitioner (PMHNP) Doctorate programs to provide evidence-supported Opiate Use Disorder (OUD) and Substance Use Disorder (SUD) prevention, treatment and recovery services through integrated care teams with DATA-waived Medication Assisted Treatment (MAT) prescribers in the Ohio region.



## WELLNESS CORNER

By Mary Beth Vonder Meulen, RN

### Practicing Gratitude: It's not just for Thanksgiving

How often do you feel thankful for the good things in your life? Research suggests that the daily practice of gratitude may improve your emotional and even physical well-being. Follow these gratitude tips to create positive emotions every day:

- ◆ Take a moment to think of good things that have happened. It may be as small as scoring a good parking space or as large as the love and support of your friends
- ◆ Journal. Take a moment to write these things down
- ◆ Savor the experiences. Try to notice positive things as they happen
- ◆ Relive good times by thinking of them or sharing them with others
- ◆ Write to someone you feel thankful toward. You don't have to send it.
- ◆ Make a visit and tell someone you're grateful for them in person

If you put some effort into experiencing gratitude on a daily basis, you may be surprised that there are things you can feel grateful for - despite how bad a day might be

Reference: [newsinhealth.nih.gov/2019/03/practicing-gratitude](https://newsinhealth.nih.gov/2019/03/practicing-gratitude)



## ECHO Chronic Pain welcomes new consultant to panel

The ECHO Chronic Pain teleconference program is excited to welcome our newest expert consultant to our panel, Liz Tiffany, MD, from the Department of Psychiatry! Dr. Tiffany will be replacing Soumya Pandalai, MD, as our Addiction Medicine/ Psychiatry consultant. For the past couple of years, Dr. Tiffany has been working with a Project ECHO program on pain through Oregon Health & Science University, representing both Addiction Medicine and Psychiatry, and will also be continuing that relationship from Cincinnati. Welcome, Dr. Tiffany!

The second year of the ECHO Epilepsy/Neurology teleconference program is underway, with our next session on December 5, when Dr. Michael Privitera will be discussing "Marijuana for Epilepsy and other Neurological Disorders." A full schedule of upcoming Cincinnati ECHO teleconferences, along with additional resources and archived videos, can be found on our website: [www.cincinnatiecho.com](http://www.cincinnatiecho.com)

ECHO Epilepsy/ Neurology sessions are FREE and occur every first Thursday of the month 12-1pm. ECHO Chronic Pain sessions are also FREE to attend and occur every third Thursday of the month 12-1pm. You connect remotely from the website above, and also sign up to receive news on future sessions.

## Patient and Family Advisory Council movement seeks to continue expansion in fourth year

From Keesha Goodnow, BAE, Project Manager, UC HRSA Primary Care Training and Enhancement

The Primary Care Training and Enhancement grant focuses on healthcare transformation. Involving patients in meaningful work is a core tenant. The Patient and Family Advisory Council (PFAC) at The Christ Hospital Family Medicine Center recently kicked off its fourth year. This council is a vehicle for Interprofessional Collaborative Practice bringing together patients and family members, clinic staff and leadership, residents and providers.

One technique we teach our residents to identify blind spots in the practice is through the patient story. As we tell our advisors, "Everyone has a story to tell; some we celebrate, others we learn from." Our 30+ member council has contributed to the Family Medicine Center for the past three years by guiding quality improvement initiatives, providing feedback on real time clinic issues, and developing or modifying clinic resource materials and correspondence.



In 2018, we expanded our resident training model by collaborating with our community underserved partner site, Crossroad Health Center OTR, in the creation of a PFAC. The PFAC was instrumental in identifying a need for better access to care. The council partnered with the practice to successfully create and implement a system and framework for walk-in clinic hours. Through a walkabout needs assessment, advisors also identified redesigning the children's play area as a needed improvement. New paint with a chair rail, books and toys were added to give the space a facelift and purpose.

This year, we have continued expansion with two additional PFACs at new practices. In addition, our content experts have been invited to share best practices and lessons learned with health systems locally, regionally and nationally.

## DISSEMINATION

### Manuscripts Recently Published or In Press

Hargraves D, White CC, Mauger MR, Puthota A, Pallerla H, Wigle P, Brubaker SL, Schlaudecker JD. Evaluation of an interprofessional naloxone didactic and skills session with medical residents and physician assistant learners. *Pharm Pract (Granada)* [Internet]. 2019Sep.12 [cited 2019Sep.18];17(3):1591. Available from: <https://pharmacypractice.org/journal/index.php/pp/article/view/1591>

Bedard-Thomas J, Gausvik C, Wessels J, Regan S, Goodnow K, Goroncy A. I Live Alone, but Don't Feel Alone: Social Isolation and Loneliness from the Patient Perspective. *J Patient Cent Res Rev.* 2019;6:262-266.

### Posters and Presentations

Cafferty P, Rich M, Hargraves D. Interprofessional Faculty Development: Review of Year 1 in a Primary Care Fellowship Program. A poster presentation at the Ohio Association of Physician Assistants Annual Fall Conference; October 26, 2019; Dublin, OH.

Hargraves D, White CC, Mauger MR, Puthota A, Pallerla H, Wigle P, Brubaker SL, Schlaudecker JD. Evaluation of an interprofessional naloxone didactic and skills session with medical residents and physician assistant learners. A poster presented at Association of Medicine and Psychiatry Annual Meeting; October 17-19, 2019; Atlanta, GA.

Brammer, S. V., & Regan, S.L. Social Determinants of Health: The Missing Piece of the Puzzle for Mental Health and Whole Health Care. Presented at the 33rd Annual Conference of the American Psychiatric Nurses Association; October 3, 2019; New Orleans, LA.

## Staff Spotlight: Daniel Hargraves, MSW

Over the course of the past several editions, the Research Division has continued 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 is dedicated to highlighting a more granular view of the division's celebrated staff.

We continue the series with another one of the Research Division's senior research assistants, Daniel Hargraves, MSW. Hargraves joined the Division in January 2014, bringing a background in social work research in addition to several assets in graphic, audio, and video design to assist in bringing new and refreshing modalities in presenting work. Below, Hargraves details his journey to the Division and some of the projects with which he is currently involved.



As an undergraduate student at UC, Dan felt the need to impact the dire persistence of inequities and injustices he observed in sociology and as a touring musician in cities across the US. This led him to pursue a Master's in Social Work degree at UC. With an initial interest in direct practice, he relished for more direct engagement with the social research he was doing in sociology. This track was confirmed in his work as a graduate research assistant under Dr. Shauna Acquavita in the School of Social Work where he assisted with her research into effects of environmental tobacco smoke exposure at outpatient substance abuse treatment centers. Concurrently, he cemented his long-term residential plans in Cincinnati by beginning a family with his wife and newborn son.

After graduation, he continued his work with his internship placement, the Higher Education Mentoring Initiative, an agency housed in the UC College of Education, Criminal Justice, Human Services, and Information Technology that matches foster youth who aspire to obtain post-secondary education and training with mentors. It was here that he fatefully identified the job that he had been waiting for: a research assistant position in the Department of Family and Community Medicine. He was hired by Dr. Nancy Elder and Dr.

Saundra Regan to assist with resident community partner projects as part of a Health Resources and Services Administration (HRSA) training grant and also with qualitative analysis of providers and practice team interviews for a Pfizer-sponsored non-malignant chronic pain project.

Currently, Dan is involved with several projects in the Research Division. He is the project coordinator for the MEDTAPP

Ohio Cardiovascular Health Collaborative, a multi-site project led by Case Western Reserve University to improve hypertension care for Ohio's underserved and vulnerable patients with Dr. Michael Holliday as the UC DFCM PI. He is also the program coordinator for the HRSA Community Primary Care Champions project, a partnership with the Mount St. Joseph University Physician Assistant program to develop faculty into community healthcare change agents with Dr. Jeffrey Schlaudecker as the PI and Dr. Megan Rich as the Program Director. He also assists with various audio/visual projects such as editing content for Project ECHO to host archive videos on the website.



Dan is enthusiastic about moving opioid use disorder training forward in primary care, particularly in mitigating stigma among both the public and providers. He also loves working on developing training modalities and evaluation methods, including applying his skills learned during his music career into building instructionally design-sound video and print materials for the projects on which he participates. He also is grateful for the opportunity to work along side the great minds and altruistic staff and faculty members found in the Research Division and throughout.

# 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



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/>