Welcome from the Director

Welcome to the Winter quarterly research update from the Department of Family and Community Medicine. In this issue we highlight the outreach work of one of our DFCM faculty members in her efforts to build a sustainable school-based health center that serves both students and the community. If an entry touches on a common interest, please reach out to discuss potential collaborations.

-Chris White, MD, JD, MHA
Director of DFCM Research Division

Research Division Projects Garner Regional Honors

Project TEAMS, lead by co-PI Nancy Elder, MD and supported by Research Division team members Susan McDonald, MA and Harini Pallerla, MS, was awarded the Center for Clinical & Translational Science Training (CCTST) Practice-Based Research Award for demonstrating excellence and collaboration to improve health and wellness of their patients by integrating research and best practices in clinical care.

DFCM faculty member Anisa Shomo, MD and Research Division team member Daniel Hargraves, a Senior Research Assistant, were recently selected to receive the Center for Clinical and Translational Science and Training Academic-Community Research Partnership Award. This award honors an academic-community partnership that works collaboratively to facilitate innovation in research or quality improvement to impact the health of children, adults and/or communities.

Saundra Regan, PhD, Research Division Associate Director, and Hargraves, along with interprofessional partners from the College of Nursing and the Cincinnati Health Department, were recently selected to receive the Best Academic-Community Partnership Award at the fifth annual Appalachian Translational Research Network Health Summit, held Nov. 17-18 at the Cincinnati Children's Hospital Medical Center, for their poster presentation "Partnerships that Promote Integrated, Multidisciplinary Training Models Increasing Health Care Access for the Ohio Medicaid Population in a School-Based Health Center in an Appalachian Neighborhood."

Chronic Pain Team Awarded Care Delivery Innovation Match

Three researchers/clinicians have been awarded top honors in the Care Delivery Innovation Competition, co-sponsored by UC Health and the UC Academic Health Center. Held in CARE/Crawley Atrium Friday, Dec. 2, the event showcased successes in care delivery innovation and recognized novel ideas.

Jill Boone, PharmD, professor in the James L. Winkle College of Pharmacy, and Tiffiny Diers, MD, associate professor of internal medicine and a UC Health physician, received $30,000 for their proposal titled, "Partnering With Patients to Improve Management of Chronic Pain in Primary Care Through Integrative Group Visits.” Boone and Diers’ team features DFCM Research Division members Mary Beth Vonder Meulen, RN, Dr. Nancy Elder, Susie McDonald, Dr. Sian Cotton, Dr. Tony Leonard, and Dr. Chris White.

This year’s competition focused on patient engagement, including initiatives that seek to actively involve patients in their care process to promote positive, healthy behaviors. Finalists’ presentations emphasized the point of empowering patients to assess their care to further improve our own care delivery.
Family Medicine's Doarn Nominated to National Quality Telehealth Committee

Charles Doarn, research professor in the Department of Family and Community Medicine and director of the telemedicine program, has been nominated to the National Quality Forum (NQF) Telehealth Committee. The NQF, located in Washington DC, is funded by U.S. Department of Health and Human Services for a year-long project titled "Creating a Framework to Support Measure Development for Telehealth." He is among 22 nationally recognized individuals from industry and academia.

Doarn presented "Telemedicine and Disasters–A Review of International Efforts" at a NATO Science for Peace and Security Program-sponsored workshop titled "Benchmarking Telemedicine: Improving Health and Security in the Balkans." The event was organized by PanEurope Bulgaria and was held in Skopje, Macedonia, Nov 15-17.

Project TEAMS/ECHO Pain Telementoring Clinics Seeking Participants

No pre-registration is required to join the free teleconferences, which occur the 1st Thursday of every month from 12:15-1:15 PM. Each session begins with a chronic pain expert presenting an evidence-based clinical pearl on treating pain, which is followed by a real case presentation by a primary care provider and a discussion with our panel of experts.

To submit a patient case for consultation, please go to the following link:
CHRONIC PAIN CASE SUBMISSION FORM
For more resources please visit:
http://cme.uc.edu/echo-pain

Wellness Corner

Rid Your Home of Toxins

By Mary Beth Vonder Meulen, RN

Although not all chemicals are toxic, some common household items are potentially harmful to humans. Chemicals can come out of products and end up in the air or in dust, but per the NIH, there are some simple things you can do to minimize your exposure. Often, it’s how much of a toxin you’re exposed to that can make a chemical harmful & the safe amount varies by substance; always read the instructions and warnings when using household products.

Children may be more vulnerable as a smaller amount of a toxic chemical can cause harm to their developing bodies. Small children can be exposed to toxins when playing on the floor or by putting toys in their mouths.

Remember, chemicals are everywhere and most are harmless. Being aware and limiting the potentially toxic ones can help you create a safer, healthier home. Learn about the products you purchase and make informed decisions!

Although still being studied, some chemicals have been linked to harm and should be avoided:

- Phthalates are chemicals used in the manufacture of plastics, cleaners and fragrances. Read labels and avoid using products containing phthalates. Some phthalates may be listed using an abbreviation such as BBP, DBP or DEP.

- PFCs are widely used to make everyday items more resistant to stains, grease and water. They may be found in non-stick cookware, stain resistant fabrics and carpets and waterproof clothing. Some PFCs, like those used to make Teflon, are being phased out due to the potential for harm.

- Flame retardants are added to materials in clothing and furnishings with foam fillers. Although the use is declining you may want to purchase items with natural fiber fillings like cotton and wool.
Dr. Sian Cotton and Integrative Health and Wellness Team Set to Present Nationally and Abroad

Dr. Cotton’s Integrative Health and Wellness team was recently selected to present their work entitled, “Abbreviated Mindfulness-Based Cognitive Therapy Intervention for Hospital Employees: Feasibility, Acceptability, and Preliminary Effectiveness” at the upcoming World Congress Integrative Medicine & Health 2017 conference May 3-5, 2017 in Berlin, Germany. The conference aims to strengthen the alliance of researchers, educators and providers for comprehensive patient care.

Dr. Cotton will also present at the Healthy Kitchens, Healthy Lives conference February 9-12, 2017 at the Culinary Institute of America at Greystone in St. Helena, California. This venue aims to help educate healthcare professionals about healthful eating and cooking. Dr. Cotton will participate in a panel discussion entitled, “Teaching Kitchens: Making This Work in Real World Settings Part I”, and will present a workshop session entitled, “Building Teaching Kitchens: Strategies and Best Practices from the Collaborative”.

For more on Dr. Cotton’s work with nutrition as a means of preventative care, please click the link below:

UC Integrative Health and Wellness at Turner Farm

Manuscripts Recently Published or In Press


Posters and Presentations


Healthcare Access Initiative Supports Outreach to Improve Community Health

In recognition of the CCTST Academic-Community Research Partnership Award, the Research Division wanted to highlight some of the unique and innovative community outreach activities and efforts of the school-based health center (SBHC) located inside Riverview East Academy. Located in the East End, the neighborhood has a heavy residential population of Appalachian descent, its local culture characterized by reluctance to engage with outsiders, particularly since the abrupt closing of a health clinic in late 2013 that provided healthcare for many neighborhood residents. After the health clinic closed, community trust in services from outside the neighborhood had further eroded, presenting a challenge for those both seeking and providing care.

Riverview East Academy is a K-12 school in the Cincinnati Public Schools. The SBHC opened in September 2014 to serve students and community members, filling a gap in access to care. Department of Family and Community Medicine faculty member Dr. Anisa Shomo was selected to head primary care at the center, and was to be supported by Dr. Jerry Friemoth. Initially, the student consent rate was only 50%. In efforts to improve on this, Dr. Shomo and the school nurse developed personal and informal intervention strategies for community outreach to promote the SBHC services.

Staff routinely reinforced enrollment for center services when parents came to the school to pick up their sick children. The school nurse established a post near the morning student drop-off to inform parents of services their children could receive.

Efforts were also established to recruit the more challenging to reach adult patients. Flyers detailing the center’s services were developed and distributed at high traffic locations in the community. Staff also engaged community members working in local businesses when they were distributing the flyers. Making connections with local leaders produced collaborations to host family-centered community events, prompting Dr. Shomo to make seasonal plans for the SBHC to host events for the community on school campus. At children’s visits, parents were encouraged to make appointments for themselves. Staff in the center continued to go where students were to promote the SBHC and became more involved with student activities such as the afterschool program.

To establish stronger threads of trust and instill a sense of community solidarity, Dr. Shomo recently moved to the neighborhood. She continues to learn about special considerations that affect patient care and social determinants of health, enriching her understanding about housing structures, community traditions, and lack of local access to fresh produce and a pharmacy. She continues to attend community council meetings regularly to disseminate information about SBHC events and services and was recently elected as the council vice-president.

Because of these efforts, prospects for the community’s health continue to improve. The consent rate for students increased to 75% over the last year and the SBHC continues to exceed its annual targets for physicals performed, immunizations, and connecting students with dental services. Total SBHC users increased over 30% between the first and second year, and community members now comprise over one third of the center’s patient population. Community outreach efforts undertaken by Dr. Shomo and her SBHC staff are critical to both the sustainability of the health center and reconnecting the community to a center of trust and care.
Facility

Sian Cotton, PhD: Director of Integrative Medicine  
Sian.cotton@uc.edu  
Coping with chronic illness, complementary and integrative medicine, pediatrics, mind-body medicine

Charles Doarn, MBA: Director of Telemedicine  
Charles.doarn@uc.edu  
Space medicine, telemedicine, telehealth, global health, public health, informatics

Nancy Elder, MD: Professor  
Nancy.elder@uc.edu  
Medical errors, patient safety, chronic pain, primary care practice improvement

Anthony Leonard, PhD: Biostatistician  
Anthony.leonard@uc.edu  
Healthcare delivery improvements, acute kidney injury/nephrology topics, effects of bariatric surgery on cancer rates

Matthew Tubb, MD, PhD: Assistant Professor  
Matthew.tubb@uc.edu  
Patient-centered outcomes research, diabetes/chronic disease care, health care technology, preventive care

Chris White, MD, JD, MHA: Director of Research Division  
Christopher.white@uc.edu  
Chronic pain, physician-patient communication, primary care psychiatry, legal medicine

Staff

Sarah Brubaker, BA: Program Coordinator  
brubaks1@ucmail.uc.edu

Keesha Goodnow, BAE: Research Assistant  
goodnoka@ucmail.uc.edu

Daniel Hargraves, MSW: Senior Research Assistant  
hargradm@ucmail.uc.edu

Susan McDonald, MA: Senior Research Assistant  
blockssn@ucmail.uc.edu

Harini Pallerla, MS: Senior Research Assistant  
pallerh@ucmail.uc.edu

Soni Regan, PhD: Associate Director of Research  
regansl@ucmail.uc.edu

Mary Beth Vonder Meulen, RN: Research Nurse  
vondermb@ucmail.uc.edu

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!

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