

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

Mike Holliday, MD presents Cardi-OH resources to Department of Family & Community Medicine

At the February 8, 2022 Department of Family & Community Medicine (UC DFCM) Grand Rounds session, Mike Holliday, MD presented just some of the catalog of work produced by the Cardi-OH statewide collaborative. Cardi-OH is comprised of Ohio's schools of medicine, including, in addition to the University of Cincinnati, the Ohio State University, Wright State University, University of Toledo, NEOMed, Ohio University, and lead institution Case Western Reserve University.

Cardi-OH produces content that distills national guidelines and best practices in cardiovascular and diabetes care and patient education into digestible products archived on a [public facing website](#). The collaborative is funded by the Ohio Medicaid Technical Assistance and Policy Program (MedTAPP) and targets primary care providers and their practice teams who serve Medicaid-eligible patients.

The UC DFCM team includes Research Division team members Sandra 'Soni' Regan, PhD, Jackie Knapke, PhD, Shanna Stryker, MD MPH, Harini Pallerla, MS, Mary Beth Vonder Meulen, RN, Karen Chinchilla, LSW, Michelle Kujat, BA, and Daniel Hargraves MSW (and former research assistant Alexandra Burnett). Some of the work with the UC DFCM featured as authors can be found by following the linked titles.

SOCIAL DETERMINANTS OF HEALTH

- *[Ohio Pathways Community HUBs: Understanding the Benefits for Patients with Diabetes](#)
- *[Annotated Bibliography: Impact of Social Determinants of Health on Emerging Diabetes Interventions](#)
- *[Social Determinants of Health \(SDOH\) Glossary](#)

LIFESTYLE

- *[Taking Steps: Exercising to Promote Heart Health](#)
- *[Effective Diabetes Prevention for Adults: Prediabetes Screening and Treatment](#)

EFFECTIVE JOYFUL TEAMS

- *[Avoiding Burnout by Increasing Joy in Work: Opportunities for the Healthcare System](#)
- *[Utilizing Huddles to Improve Team-Based Care](#)
- *[Clinical Workflow for Support Staff in an Outpatient Setting: Hypertension Visit](#)

CAPSULES

- *[One Simple Step to Improve Medication Adherence for Blood Pressure Control - January 2020](#)
- *[Using Team-Based Care to Increase the Use of Home Blood Pressure Monitoring \(HBPM\) - July 2020](#)
- *[Prediabetes and Obesity: Screen and Intervene to Improve Patient Health - March 2021](#)
- *[Connecting Patients with Diabetes to Pathways Community HUBs to Address Social Needs - December 2021](#)

PODCASTS

- *[Collateral Damage: Substance Use and the Pandemic - April 2021](#)
- *[Seeking Safety: Support for a "Speak Up" Culture in Health Care - August 2020](#)

UC quality improvement team recognized



On December 7, 2021, the UC Diabetes Quality Improvement Team (a part of the Cardi-OH Ohio schools of medicine collaborative) was presented the Center for Clinical & Translational Science & Training (CCTST) Practice Based Research Award, in recognition of the improvements in the care of patient with diabetes over the past year. The team includes the Research Division's Mary Beth Vonder Meulen.

In January 2022, the team began pilot the first Virtual Kitchen Demonstration as part of the UC Health Diabetes Centering Program. Unable to gather for group visits in person because of the COVID pandemic, Dr. Tiffany Diers and her team are combining the Centering Group Visit model with virtual leaning. Patients will participate in an interactive cooking class as they prepare a healthy diabetic meal.

Congratulations on all the team's good work!

WELLNESS CORNER

By Mary Beth Vonder Meulen, RN

The Great Backyard Bird Count, February 18-21, 2022

Birds are everywhere, flying, singing, and raising families. The 25th Annual Backyard Bird Count will take place February 18-21, 2022.

Be part of a global event as citizen scientists around the world come together to watch, listen, count, and celebrate birds while collecting data for 15 minutes (or more) over four days. You can participate on your own or as a group. You can even watch a live global bird map as bird observation lists come in from around the world.

Information for both new and experienced birders is available at <https://www.birdcount.org/>.

You can also register for a free Webinar before the event, to learn how to identify birds and their songs and how to count birds, no matter how large the flock.

DISSEMINATION

Posters and Presentations

McDonald S, Kiriakopoulos E, Shegog R. Closing epilepsy care gaps with provider capacity building models: Project ECHO in Ohio and Community-Health Worker training and integration in New England and Texas. CDC Public Health Workshop. Oral presentation at the American Epilepsy Society annual meeting; Chicago, Illinois, December 3-7, 2021.



REGISTER NOW!**WEBINAR**

Wednesday, March 16, 2022

12 - 1 p.m. ET

1.00 CME credit offered at no cost

**CARDI-OH**
Ohio Cardiovascular and Diabetes Health Collaborative

Race and the Clinical Management of Cardiovascular Health

**KEYNOTE SPEAKER****Herman A. Taylor, Jr., MD, MPH**Endowed Professor and Director
Cardiovascular Research Institute
Morehouse School of Medicine**PANELISTS****Lou Edje, MD, MHPE**Professor and Associate Dean, Graduate Medical Education
University of Cincinnati College of Medicine**Crystal A. Gadegbeku, MD**Chair, Department of Kidney Medicine
Glickman Urology & Kidney Institute
Cleveland Clinic**Leon McDougle, MD, MPH**Professor and Associate Dean, Diversity & Inclusion
Chief Diversity Officer, Wexner Medical Center
The Ohio State University College of Medicine**OBJECTIVES**

- Describe how the construct of race has been applied in clinical care of cardiovascular health.
- Review recent changes in academic and clinical discourse on the use of the construct of race in clinical guidelines.
- Describe how the historical context and recent changes on the construct of race in clinical guidelines impact primary care practice.

ADVANCE REGISTRATION REQUIRED[Click to Register →](#)Or visit [Cardi-OH.org/webinars/register](https://www.cardi-oh.org/webinars/register)
After registering, you will receive a confirmation email with information about joining the webinar and a calendar invitation.To join the webinar in progress, head to
cwrw.zoom.us/j/94361125443?pwd=Smt1UkFPNEZ4dkpERHBPeXY3NjNjUT09**ABOUT CARDI-OH:** 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.The MetroHealth System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians. The MetroHealth System designates this educational activity for a maximum of 1.00 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.

In partnership with:



Research Directory

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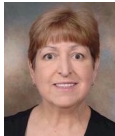
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Dedicated full-time staff members with over 50 years of cumulative experience provide full project support from assisting in design and implementation to analysis and evaluation. The division offers expertise in:

- 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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