

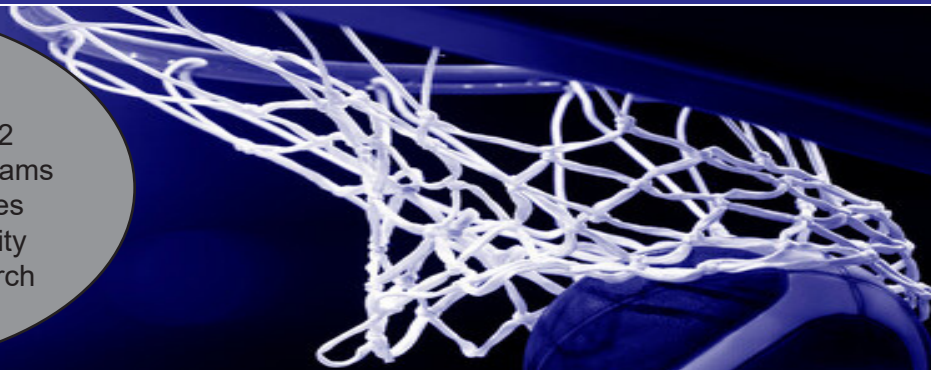


**March Madness
Spring 2024**

**Research. Quality.
Transformation.**

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GO BLUE FOR MARCH MADNESS AND COLORECTAL CANCER (CRC) AWARENESS

Hello KAN members! This month is CRC awareness month. Appropriately, the way to recognize this is to **WEAR BLUE**. A host of information on CRC awareness is available on the University of Kentucky's website, [CRC Awareness](#).

We at KAN have also had our eyes on ways to promote CRC screening awareness.

KAN coordinator, Courtney Ortz, PhD, visited King's Daughters network clinics to discuss the procedures they currently have in place to conduct, track and address CRC screening, and we are continuing to work with them in submitting a grant application to facilitate these processes in their clinics. Stay tuned for more updates regarding these activities. **This work on CRC exemplifies our KAN mission.**

In the last few months, Courtney has been traveling to KAN Clinics. During these visits, Courtney has provided a description of KAN, and what KAN can do to facilitate your research needs by providing information about research studies and quality improvement opportunities for both the KAN member, the member's institution, and their patient population. These visits as well as attendance as a vendor at conferences and meetings with the advisory board has led us to guide our efforts into outreach toward residency programs (see story on page 3). This outreach will allow us to expand our network not only in terms of numbers but also build our future as a Practice-Based Research Network (PBRN).

if you would like to schedule a time for KAN leadership to meet with you in your clinic, please contact us at KAN@uky.edu and see links on the last page of this newsletter.

KAN SUPPORTED PATIENT OPPORTUNITY/STUDY: MAKE BETTER CHOICES 2: DR. NANCY SCHOENBERG

The purpose of the project is to improve diet and physical activity by testing a combination of an app, personalized health coaching, and behavioral incentives.

This protocol was adapted from a study among urban adults to suit our Appalachian community.

Recruitment goal is a total of 350 participants and will continue through Spring 2025.

SEE FLYER AT END OF NEWSLETTER FOR MORE INFORMATION, IF YOU THINK THIS WOULD BE OF INTEREST TO YOUR PATIENT POPULATION.

Participants must be 18+ from any of Kentucky's 54 Appalachian counties and be willing to:

- monitor lifestyle behaviors on a smartphone application for 9 months.
- engage in health coaching calls and visit with the MBC2 staff or their local provider for 3 assessments (baseline/3 months/9 months) that will include a finger prick for A1C and lipids testing.

Participants must also meet the following inclusion criteria:

- consume fewer than 4 servings of fruits and vegetables per day;
- engage in less than 150 min of moderate to vigorous intensity physical activity per week; and
- report 8+ hours of daily sedentary time (not including sleeping).

Note: Those with stable medical conditions require physician approval to participate.

Individuals who have the following will be excluded:

- cognitive impairment;
- unstable medical conditions;
- hospitalized for a psychiatric disorder within the past 5 years;
- active suicidal ideation;
- substance use disorder other than nicotine dependence;
- at risk for adverse cardiovascular events with moderate intensity activity;
- anorexia, bulimia, or other eating disorders or adhering to an incompatible dietary regimen; and
- individuals using an assistive device for mobility.



VISITING RESIDENCY PROGRAMS

One initiative KAN has decided to undertake upon the recommendation of the KAN advisory board is to **focus on residency programs for KAN recruitment and engagement**. This initiative came about as it was realized that a large portion on the KAN membership list includes members who are retired or approaching retirement.

Residency program outreach will ensure that residents who are interested in research but see it as a daunting task or are hesitant due to time limitations understand KAN as a resource to them throughout their career.

Courtney Ortz, KAN Coordinator, has been reaching out to residency programs to initiate conversation with program coordinators and discussion with residents in residency programs. These conversations have started with Lake Cumberland, UK DFCM residency program, U of L's residency program, and University of Pikeville.

WE PLAN TO SPEAK WITH RESIDENTS ABOUT KAN, WITH A FOCUS ON HOW KAN CAN FACILITATE WITH RESEARCH NEEDS AND SCHOLARLY PURSUITS THROUGHOUT THEIR CAREERS.

Throughout the next year, we will continue to reach out to residency programs throughout the state to educate and encourage KAN membership and engagement. Our goal is to reach all residency programs in Kentucky. This will enable us to keep an active membership list and coordinate research activities across the state with our newest generation of primary care professionals.

If any current KAN members want to be a part of this initiative, please reach out. Any and all perspectives are welcome. We want your KAN membership to be worthwhile.

OPPORTUNITY FOR TRAINEES

NAPCRG's Trainee Committee welcomes all medical students, residents and fellows to join us for our first Trainee Talk on Wednesday, April 10, 7:30 p.m. ET. This will be a one-hour online wide group discussion about what primary care research trainees need and want from a group like ours and how we can help build a welcoming and supportive network. All trainees are welcome to attend (you don't have to be a member of NAPCRG), so please let your colleagues know about this virtual networking event!

Online Instructions:

Url: <http://tinyurl.com/54txhvc2>

Login: Please register for free - you'll be sent a link to the Zoom meeting.

For more information contact Natalie Gross ngross@napcrg.org



*A platform for building your
primary care research network*

**Wednesday, April 10
7:30 p.m. ET**

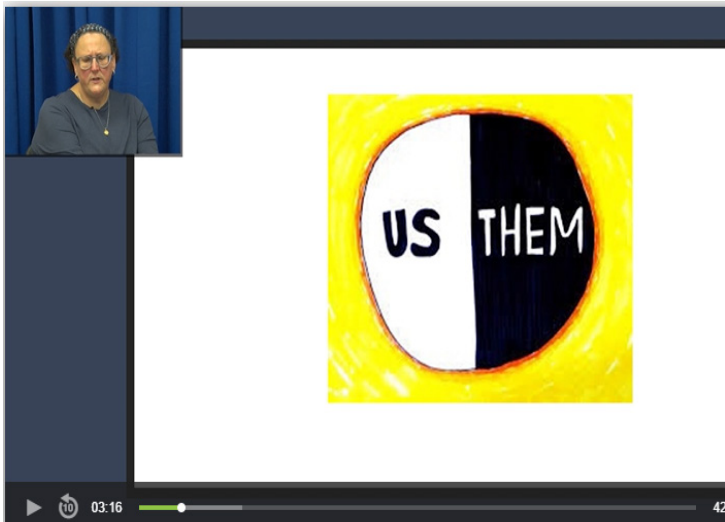
Register for free:
napcrg.org

FOLLOW-UP ON MOUD STUDY NOW ONLY CME

This educational activity presents how one primary care doctor tackles some of the most common fears, myths and perceived barriers to prescribing buprenorphine in the busy office setting. The primary goal was to address the impact on attitudes and intention to explore MOUD among licensed, actively practicing Internal Medicine and Family Medicine physicians and Non-physician practitioners (IM/FMP/NPPs) in Kentucky.

To participate in the CE opportunity, SEE THE FLYER AT BOTTOM OF THIS NEWSLETTER

or see: <https://www.cecentral.com/node/1807>



The researcher team (led by KAN director Karen Roper, PhD) wish to thank KAN member **Dr. Melissa Zook** for conceiving of and filming these inspirational videos!

This project was supported by pilot funds from the University of Kentucky's Substance Use Priority Research Area (SUPRA), supported by the Vice President for Research.

FINDINGS FROM THE RESEARCH ROLL-OUT

The email blasts reached over 5,500 potential participants. 36 completed the activities.

A list of some of the issues addressed in the video series are below. For those who participated in the research surveys, significant change in attitude (rated as "less important" in post-retrospective pre- survey: was shown for those underlined:

Barriers related to patients with OUD:

- Patients are a source of frustration
- Patients are a risk for medication diversion
- Patients lack interest in treatment
- Costs/coverage of medication for patients
- Patients already see specialists for these medications
- Inappropriate patient behaviors present safety issues

Personal or Professional Barriers:

- Professional licensing board oversight
- Negative attitudes/perceptions of staff, other practitioners in my practice
- Negative attitudes/perceptions of other patients in my practice
- Negative impact on my reputation
- Work-load/paperwork for insurance prior authorization requirements
- Learning curve to take on new procedures
- Low or no need for this service in my practice
- Unfavorable change in patient population mix
- Little management/administrative support for buprenorphine service line
- Limited reimbursement rate of buprenorphine therapy/ return on investment
- Lack of fit to my sense of who I am as a doctor, my calling
- Limited time in clinic setting for these appointments
- Insufficient supportive psychotherapy services in the community

One encouraging outcome!: On the questions regarding change in behavioral intentions produced by the videos, there was a significant change for likelihood to "screen patients for OUD within my practice."

COME SEE US!!!

KAN will be at Appalachian Research Day: Come Sit on the Porch! on April 11, 2024 at the Ramada by Wyndham Paintsville Hotel and Conference Center, located at 624 James S. Trimble Blvd., Paintsville, Kentucky. **Please stop by and say hello!**



UPCOMING CONFERENCE

REGISTER FOR THE

KY AETC ANNUAL CONFERENCE

CARING FOR VULNERABLE POPULATIONS

PRESENTED LIVE AND VIRTUALLY

APRIL 26-27, 2024

Pre-Conference Training: Buprenorphine
(in person) April 25, 2024

Register at
<https://www.cecentral.com/live/25299>



Lexington, KY

For More information, click here: <https://www.cecentral.com/live/25299>

JOINING KAN: SHARE THESE LINKS!

KAN Organizational Member Form



Organizational examples include:
health departments
KAFP, KPCA,
Foundation for a
Healthy KY
clinics

<https://redcap.uky.edu/redcap/surveys/?s=NH9WY- WWHTN9437A>

KAN Individual Member Form



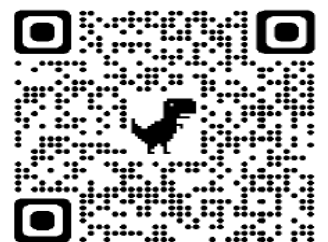
Individual members include:
MDs, PAs,
RN, APRN, Nurse midwives,
counselors, social workers,
dentists, dental hygienists,
pharmacists

<https://redcap.uky.edu/redcap/surveys/?s=7RE8ANJFL37JD37X>

Join our LinkedIn group!!

This LinkedIn group is **intended to** allow members to continue connections/collaborations through discussions, polls, notifications of events, and opportunities for research, CEU's, etc.

Please find us on LinkedIn and follow us! <https://www.linkedin.com/groups/14116632/>



KAN SUPPORTED PATIENT OPPORTUNITY/STUDY: DR. MIKHAIL KOFFARNUS

Dr. Mikhail Koffarnus, is conducting an NIH-funded experimental treatment research study (ClinicalTrials.gov Identifier: NCT03883126) aimed at facilitating abstinence from alcohol.

This study aims to provide incentives (depending on group assignment) contingent upon verifiable alcohol abstinence as measured via a small, portable breathalyzer three times per day.

Potential participants are required to attend between one to two in-person sessions. Then, over the course of 15 months, participants complete 10 follow-up questionnaires (each questionnaire takes about 1 ½ to 2 hours to complete) that can be completed at home and are compensated \$30 per completed questionnaire.

Depending on randomized group assignment, participants will be asked to submit breathalyzer samples three times per day and also self-report withdrawal symptoms and drinks consumed each day. The remote breathalyzer is small (fits in the palm of the hand) and breathalyzer submissions take less than 1 minute to complete. Participants will be provided a cell phone if they do not have a compatible cell phone or would not like to use their own cell phone.

Compensation for completing all study activities is dependent on the randomized group assignment and may range from \$375 to \$1,412 over the 15 months.

Please share this opportunity with any patients you think may benefit from this research.

<https://healthful.ukhc.org/participate/>



Questions, Comments? Ask us anything!

KAN@uky.edu

Karen Roper, PhD
KAN Director
859-257-4880

OR Courtney Ortz, PhD
KAN Coordinator
859-218-6135

UNIVERSITY OF KENTUCKY RESEARCH



Make Better Choices 2

If you live in Eastern Kentucky, researchers at the University of Kentucky invite you to participate in a free healthy living study. Make Better Choices 2 (MBC2) employs technology to help you eat better, sleep better, relax more, and move more. MBC2 brings an innovative new program, which may improve health, to Eastern Kentucky.

Study participants will:

- Use a new health app and a Fitbit to track health behaviors
- Work with trained health coaches
- Receive \$ incentives for meeting goals

You may be eligible to participate if you:

- Are 18 years or older
- Are willing to participate in 3 health checks at a location convenient to you. Options include our study office in Benham, St. Claire Regional Medical Center in Morehead, UK Health Care in Lexington, and your local provider.

To learn more visit our website at

MakeBetterChoices2.com or scan this QR code:



For more information
Deanna Sherman
makebetterchoices2@uky.edu
MakeBetterChoices2.com

www.UKclinicalresearch.com



Prescribing Buprenorphine in Primary Care Video Research Study UP TO 1.25 CME

Overview:

This educational activity presents how one primary care doc tackles some of the most common fears, myths and perceived barriers to prescribing buprenorphine in the busy primary care office setting. This is a 2-part video activity. There are accompanying surveys that are part of this activity for purposes of educational research.

Target Audience:

Physicians (MD, DO), Advanced Practice Registered Nurses, Physician Assistants employed in primary care family or internal medicine in Kentucky

***For Complete Activity and Registration Information:
QR code or <https://www.ccentral.com/node/1807>***



Now approved for HB1 credit!

Questions?
Email the
team at:

FamMed.UKyResearch
@uky.edu

This activity offers 1.0 AMA PRA Category 1 Credit(s)[™] credit for watching two videos and completing survey questions, both before and after the videos. A third optional video offers an additional 0.25 AMA PRA Category 1 Credit(s)[™].

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JOIN US! Our hope is to create a ripple effect on the patient care offered in our communities that suffer from high rates of Opioid Use Disorder!