

## Message from the Director

Welcome to the newest edition of the Population Medicine & Research newsletter! Recently, we underwent an approval process to change our Division's name from "Community Medicine & Research" to better reflect and align the research, education, and now, the clinical activities of our team.

We are continuing our research efforts in exciting research areas related to substance abuse, lung cancer, tobacco cessation, cardiovascular health, and diabetes. Recently, we welcomed our new KAN Coordinator, Kim Haney, to our team! Kim has already hit the road visiting KAN members and their clinics across Kentucky.

In this issue, we are thrilled to provide updates on national presentations that have recently been completed and status reports on our various ongoing grants and studies.

We are always eager to hear from our members and get their thoughts and guidance in areas of education and research that will better serve the populations in Kentucky. Please feel free to contact our team any time, and we are always appreciative of the support of our members.

<https://familymedicine.med.uky.edu/kentucky-ambulatory-network-kan>



Roberto Cardarelli, DO, MHA, MPH, FAAFP  
Director, KAN  
Professor and Chief of Population Medicine



Summer in Kentucky

## In This Issue

- New KAN Coordinator: Kim Haney
- Karen Roper presents at NAPCRG conference
- Summer research program
- NIH-funded diabetes study begins patient recruitment
- TLC II Study Update

## Karen Roper Presents at NAPCRG Conference

In the June meeting of the North American Primary Care Research Group's Practice-based Research Network meeting, a poster entitled "Perspectives on a Patient-Provider Communication Tool to Talk about Chronic



Pain" was presented by Dr. Karen Roper, rising third year medical student Jarred Jones and Dr. Roberto Cardarelli. Jones was awarded a professional student mentored research fellowship from the Center for Clinical and Translational Science for his work on the project.

The poster reported on the results from 2 focus groups comprised of DFCM patients with a chronic pain diagnosis for  $\geq 3$  months with or without opioids. Possible differences in treatment goals between patients and providers was a prominent theme in focus groups, and the authors are hoping to further assess provider attitudes and practices in a survey that has been sent out. That survey is still open and any provider that might still wish to participate can find the link at:

<https://redcap.uky.edu/redcap/surveys/?s=YRT8PKFWJK>

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## UK Community Medicine Summer Research Program Update

Two students have been involved in the UK Community Medicine Summer Research Program this summer. The research program provides a stipend to support medical students who are between their first and second years of study as they complete a research project with a faculty mentor. Working with Dr. Lars Peterson and data from a survey of the American Board of Family Medicine, Jessica Creager's study is titled, "Relationship between burnout and practice organization in family physicians applying for certification". Working with Dr. Keisa Fallin-Bennett, Sayyada Hyder is completing work on a project initiative by a 2017 summer intern entitled "LGBTQ\*-Specific Medical Education at the University of Kentucky".

We look forward to having these students join us in an upcoming faculty meeting to present their findings!

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## Welcome Kim Haney, New KAN Coordinator and Data Analyst



Kim Haney began work as the newest KAN Coordinator/Research Analyst Principal in May. Kim received dual-Bachelor of Arts degrees in Psychology and Linguistics from the University of Kentucky, later completing a Masters of Library Science at the University of Kentucky. Her background is in higher education and libraries, working with regionally and nationally-based academic consortia, and she has experience working with membership organizations, research and analytics, and database administration. Kim lives in Irvine, Kentucky.

With a grant from the AAMC and The Patrick and Catherine Weldon Donaghue Medical Research Foundation, and in partnership with St. Claire HealthCare (SCH), Dr. Cardarelli and his team have facilitated the implementation of an educational curriculum aimed at reducing lung cancer rates through early screening and tobacco cessation in the 11-county service on which to base their attitudes toward lung cancer screening and tobacco cessation.

To ensure uptake of the recommended guidelines, the team worked alongside the five primary care clinics to implement workflows that aim to increase rates of lung cancer screening and tobacco cessation counseling. Each clinic collaborated with a practice facilitator to improve their processes and develop sustainable workflows specific to the recommended guidelines around screening and counseling. Each clinic continues to monitor and improve upon those workflows using the QI approaches provided to them during their implementation phase.

The research team anticipates an approximate 40% shift from late stage diagnosed lung cancers (Stage III/IV) to earlier stages (Stage I/II) based on the screening intervention efforts. Measured drivers for these histologic outcomes with rates of Low Dose CT (LDCT) screening and orders for smoking cessation counseling at the clinic level. Some preliminary data are available and it appears that the team's efforts have been successful. The team continues to analyze the data and looks forward to sharing their results.



In these final months of the study, they will continue to work with the clinics to refine their processes and provide educational opportunities to learners throughout the region. The third and final [Lung Cancer and Smoking Cessation Symposium](#) will be held on September 14th in Morehead, Kentucky, featuring an outstanding lineup of speakers including Dr. Brenna VanFrank, the CDC's Senior Medical Officer in the Office on Smoking and Health.



### TLC II Team:

Roberto Cardarelli, Principal Investigator

Anthony Weaver, Co-Investigator

Kacie Bledsoe, Practice Facilitator

## DCFM partners with Barnstable Brown Diabetes Center on NIH-funded Study

Dr. James Keck of the Division of Population Medicine has partnered with Dr. Barbara Nikolajczyk of the Barnstable Brown Diabetes Center on a NIH-funded study entitled “Inflammation in Human Obesity and Type 2 Diabetes”. This study will look at the relationship between levels of inflammatory cytokines and the risk of progression to diabetes.

Dr. Keck’s role as a co-investigator is to lead participant recruitment at the Turfland Family Medicine Clinic and to conduct a sub-study looking at the relationship between the dietary inflammatory index—a measure of the pro-inflammatory potential of foods—inflammatory cytokine levels, and diabetes risk by collecting a 24 hour diet recall on participants. The diet information gathered in this recall, in combination with lab-based inflammatory measurements generated by Dr. Nikolajczyk’s group, will be used to ask about biological outcomes of the currently popular notion of “inflammatory/anti-inflammatory diets”.

The distinct clinical and basic research approaches will synergize to test the concepts of inflammatory diets and diabetes-promoting inflammation at multiple levels, with an eye towards developing and validating anti-diabetes measures.

Patient recruitment has only just started, and the total study duration is expected to be approximately four years.

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## Third Annual Lung Cancer and Smoking Cessation Symposium



**When: September 14, 2018**

**Where: Morehead, Kentucky**

Featured speakers include Dr. Brenna VanFrank, the CDC’s Senior Medical Officer in the Office on Smoking and Health.

Visit the link below for more information and to register for this event.

<http://bit.ly/Lung-Cancer-Symposium-2018>



## KAN Member Clinic Visits

Kim Haney, our KAN Coordinator, is visiting member clinics across the state to touch base with members, assess potential needs and interest, and share the latest updates and free resources created for our members and colleagues. If you have not yet received a visit from Kim, expect to be contacted about scheduling one soon. Feel free to reach out to Kim at [KAN@uky.edu](mailto:KAN@uky.edu) to get your clinic on the schedule and share your thoughts about KAN.

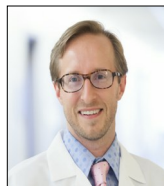
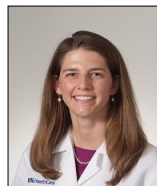
If you know of a colleague who may be interested in becoming a KAN member, please invite them to join, and forward them this newsletter!

## Do you have a clinical or practice related question?

Do you have a question regarding clinical or health/disease related issues? Do you have a question based on experiences in your medical practice? We want to hear from you about the issues you see and experience in your primary care practice. We may be able to help you find an answer, or perhaps even turn your question into a research project. Fill out this 5 question online survey [here](#), or email [KAN@uky.edu](mailto:KAN@uky.edu).

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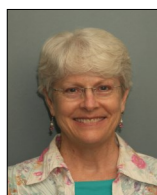
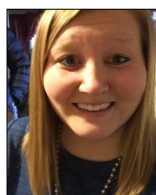
## UK Division of Population Medicine Team:



**Faculty:** Roberto Cardarelli, DO, MHA, MPH; Mary Sheppard, MD; Carol Hustedde, PhD; James Keck, MD, MPH



**Staff:** Karen Roper, PhD; Kim Haney; Kacie Bledsoe



**Administrative Support:** Madeline Slimack, Jackie King

# Get Engaged with KAN and the Division of Population Medicine

We often hear the question “We are primary care, why should we be involved with research?” Our responses are always the same, “Because if we don't do it, no one will create the knowledge and evidence we need to practice medicine that our patients and communities expect and deserve from us.”

Primary care providers have a vital role in advancing the knowledge of our professions. Practice-based research groups grew from the realization that much of the research that is done in tertiary medical centers has little applicability to the practice of outpatient and ambulatory medicine. KAN invites all its members to participate in research that will have little hindrance to your daily practice. **We welcome your ideas and engagement with the numerous resources and opportunities that we offer!**

## Contact Us

Give us a call or send us an email for more information about our program and research.

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Visit us on the web at <http://bit.ly/Kentucky-Ambulatory-Network>

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