



Winter - Spring 2023 Research. Quality. Transformation.



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Director's Message “As goes Primary Care, so goes PBRNs”

At the recent North American Primary Care Conference (Nov. 2022) I joined other PBRN members nationwide to discuss the history and future of primary care practice-based networks. Of the history, I learned that 44 years since first FM PBRN was founded via the N. American Primary Care Research Group (NAPCRG; 1979)! It began as a formation of communicating regional networks, expanding on this through the 80's and 90's to commence seminal research initiatives that would attract funding while answering fundamental practice questions.

We now exist on a large scale and attract a wide range of primary care research; a model that is being taken up in other fields (dentistry, psychiatry, pediatrics). Much more practice-based evidence is available than ever. Thanks in part to PBRNs, the image of family medicine and primary care practice among federal funders and academic centers is changed — with this is the expectation that family physicians are appropriate leaders of research. Yes! Still, several challenges were noted, and these challenges exist for KAN as well.

One of those challenges is **sustaining sufficient and consistent infrastructure funding**. PBRN's need consistent funding to continue operations. KAN will continue to find and apply for funding opportunities and involve our membership throughout this process.

We must **address the tension between what practices want and what funding agencies want**. When our newsletters and correspondence alert to funding opportunities and support ongoing research (e.g., this edition!: Patient Education for flood-affected individuals), we seek to show that it is meaningful and achievable for practices but also aligns to what matters to funders and society.

A third challenge is **sustaining network relationships as healthcare becomes increasingly centralized and business oriented; adapting to ongoing environmental shifts**. There is less face-to-face time and more competing demands. EHRs, practice consolidation, and the growing emphasis on patients and communities are significant challenges. We at KAN will do more to reach students and trainees to hear their voice and offer opportunities and education on primary care research. We welcome conversation on all these issues, perhaps on our new *LinkedIn* page.

The meeting concluded that PBRNs can remain a source of joy of practice and camaraderie. A place of satisfaction within turmoil. **We thank you for your continued support.**

- Karen L. Roper, KAN Director

Funding Opportunity

AHRQ intends to publish a new **Request for Applications (RFA) in April/May 2023** to expand access to comprehensive, coordinated, and person-centered care for people with Long COVID, particularly underserved, rural, vulnerable, or minority populations that are disproportionately impacted by the effects of Long COVID.

They will support existing multidisciplinary Long COVID clinics with the following goals:

- develop and implement new or improved care delivery models,
- provide services to more people with Long COVID,
- expand services offered,
- strengthen care coordination,
- implement and share best practices for Long COVID management,
- support the primary care community with Long COVID education and management,
- evaluate project success, and
- disseminate findings.

Organizations with existing Long COVID clinics and investigators with appropriate expertise and capabilities are encouraged to begin to consider applying for this RFA.

KAN will assist with the proposal. Please reach out!

[Detailed description of upcoming RFA](#)



Medical Student Activities & Opportunities

During our KAN board meeting in January, we discussed increasing involvement with medical students and residents.

We want to recognize

Emily Culp

**Kentucky College of Osteopathic
Medicine Student (OMS-III)**

University Of Pikeville

She has volunteered to assist our KAN
community by:

- Helping to get KAN members added to LinkedIn Site: <https://www.linkedin.com/groups/14116632/>
- Creating a flyer to distribute to other medical students to advertise and gain interest in KAN

Know a student who might like to volunteer or simply help our membership base? Other Medical Student opportunities could include these options and so much more:

1. Talk to their attending physicians about KAN and opportunities for doctors to participate with KAN
2. Recruit fellow students and others in their networks for membership
3. Write articles for their local hospital publications
4. Get engaged in our ongoing projects and research possibilities
4. Post information on LinkedIn, broadening their networking and connecting us all!

For our part, KAN will be considering how to develop a research lecture series and offer it to interested programs.

Research KAN Supports

Stacy R. Stanifer,
PhD, APRN, AOCNS
Assistant Professor of Nursing



- Oncology Nurse-22 years
- Environmental health working group for Oncology Nursing Society (ONS)
- University of Kentucky Center for Appalachian Research in Environmental Sciences (UK-CARES) Community Engagement Core (CEC) Co-leader

KAN SUPPORTED PROJECT: Patient Education for flood-affected individuals.

Natural disasters, like the flooding southeastern Kentucky experienced this past July, present unique challenges for persons with weak immune systems and those with chronic respiratory conditions, as well as the healthcare systems which must stand ready to keep them safe and healthy.

Those with weakened immune systems and chronic lung conditions need tailored health and safety education following a flood to decrease

infection risk, breathing complications, and reduce treatment delays. UK-CARES and UK Healthcare developed a patient education tip sheet that provides guidance to the patient and/or caregiver on topics such as infection and mold avoidance, food and water safety, medication considerations and care coordination to assist with the care of these vulnerable patients.

DR. STANIFER'S GOALS

1. To disseminate the tip sheet! We are thrilled to offer this through KAN primary care network connections!
2. To gather healthcare provider opinions on the usability, usefulness, perceived impact, and dissemination of the tip sheet.

IMPORTANCE OF THE PROJECT

This work meets a tremendous and immediate need for flood recovery resources for adult and pediatric patients with weakened immune systems and chronic lung conditions.

By gathering healthcare provider opinions, we can refine the tip sheet to improve the usability and usefulness of the tailored patient education material. In doing so, we will be better prepared to support patients and healthcare systems before and following natural disasters.

BELOW is the flyer that includes the link and QR code that people can use to request either printed or an electronic version of the tip sheet and elect to participate in the study by providing us with feedback on the content.

In addition, we will evaluate the social media reach of PSAs as a means of disseminating post-flood health and safety guidance for vulnerable populations. **Please use the links below to view the PSAs:**

[When to get help after a flood if you have a weak immune system](#)

[Avoiding infection during flood clean-up](#)



Flooding and Care of Patients with Respiratory Conditions and Weak Immune Systems

Care of patients with respiratory conditions and weak immune systems requires special consideration following a flooding event.

Patient Education Tip Sheet

- Care coordination
- Infection avoidance
- Replacement of medications
- Guidance for those relocated to an emergency shelter
- Medication considerations
- Food safety
- Water safety
- Mold

To request copies and learn about the research study follow this link or scan this QR code:

<https://tinyurl.com/a6v397w7>



Join a Research Study to Help us Evaluate the Tip Sheet!

Do you provide care to a patient with a respiratory condition or a weak immune system who has been affected by the July 2022 flooding in southeast Kentucky?

If so, you may be eligible to participate in a research study evaluating the content of the tip sheet.



Principal Investigator: Stacy R. Stanifer, PhD, APRN, AOCNS stacy.stanifer@uky.edu

Upcoming Events



This event is for investigators, research staff, trainees, students, and community partners to share findings, build collaborations and provide mentorship.

For more information visit

<https://www.ccts.uky.edu/education-training-0/annual-ccts-conferences/2023-ccts-spring-conference>



University of Kentucky

Center of Excellence in
Rural Health

**Appalachian Research Day: Come
Sit on the Porch**

WEDNESDAY, APRIL 5, 2023,
8AM-4PM

Ramada by Wyndham Hotel and
Conference Center

James S. Trimble Blvd., Paintsville, KY

For more information contact:

Beth Bowling, RN, Rural Project
Manager

beth.bowling@uky.edu

606-439-3557, ext. 83545

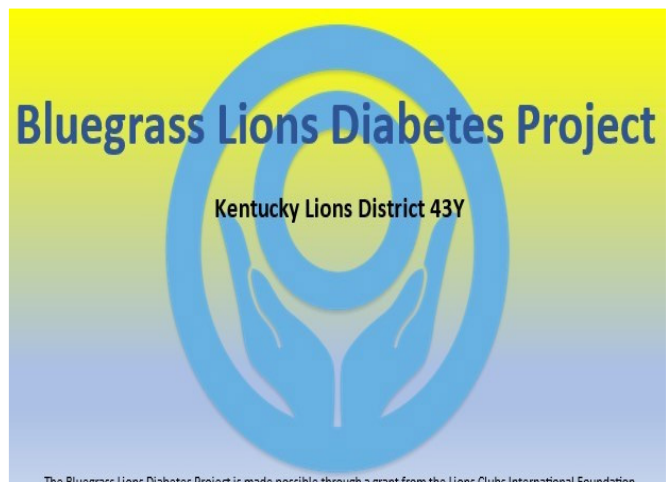
The Kentucky Primary Care Association (KPCA) 2023 Spring Conference

April 10-12, 2023

Lexington Marriott Griffin Gate

For more information, please go to

<https://www.kpca.net/2023%20conference>



**Help us continue to Fight Diabetes
in Kentucky!**

**We need help with the BLDP Diabetes
Screening Events listed below.**

<https://bluegrasslionsdiabetesproject.com/events/>

**To volunteer, please either contact
Pat Ryan pat.bldp@gmail.com or fol-
low this link. [https://bluegrasslionsdia-
betesproject.com/volunteer/sign-up/](https://bluegrasslionsdiabetesproject.com/volunteer/sign-up/)**

Also, please contact Pat Ryan if you know
of a group that wants to provide FREE
A1C
Diabetes Screening for your community.



IT TAKES A COMMUNITY

A CALL TO ACTION FOR KENTUCKY PROVIDERS



Register Today

*Join us as we bring providers across the Commonwealth together virtually to be part of a **Behavioral Health Community of Practice**.*

The pandemic has worsened the behavioral health challenges Kentuckians face, and more solutions are needed to address this mounting problem. That's why it's more important than ever to share knowledge and best practices among providers along the behavioral health care continuum.

The Behavioral Health Community of Practice, organized by UK HealthCare, will help connect primary care providers, specialists and organizations through learning sessions where behavioral health experts will present best practices, tools and resources to optimize care.

What you'll learn

- Learn about screening and targeted assessments to identify depression and anxiety disorders and other psychiatric conditions.
- Increase your knowledge of evidence-based treatment guidelines, including cognitive therapy techniques, motivational interviewing and appropriate medications.
- Explore community resources for patient support.
- Enhance your relationships with primary care providers, community mental health centers, behavioral health specialists and in-patient providers across Kentucky.

Who can participate

- Adult and pediatric primary care providers and staff
- Community mental health center providers and staff
- Community-based organizations
- State agencies
- Other behavioral health partners.

Community of Practice participation is free and Mental Health First Aid Training classes will be included on a first come first served basis.

Visit our website to learn more ukhealthcare.uky.edu/community-commitment/mental-health/behavioral-health-cp

Meeting format

The UK HealthCare Behavioral Health Community of Practice will meet virtually. Webinars will include educational sessions, best practice overviews, interactive trainings on tools and resources, and group discussions. Sessions are from noon – 1 p.m. the first Thursday of the month (except for a different date in April).

The Community of Practice will meet one hour a month from October 2022 through May 2023.

Funding and support provided by Kentucky Regional Extension Center and UK HealthCare's Healthy Kentucky Initiative.



CREATE A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

MKTG22-1199

UK Behavioral Health Community of Practice (BHCOP)

Website: https://ukhealthcare.uky.edu/community-commitment/mental-health/behavioral-health-cp?auHash=ny5iRAj_S9Augb_dEGKb1eOo_3S18-uEDvnRZJ19YXc

Kentucky REC hosted BHCOP Resource Page: <https://www.kentuckyrec.com/behavioral-health-community-of-practice/>

Webinars are from Noon – 1 PM ET on these upcoming dates:

March 2, 2023 – Responding to Mental Health Crises in Primary Care

April 13, 2023 – Primary Care & Mental Health – Cross Specialty Collaboration

May 4, 2023 – Addressing Patient Barriers with Community Resources

Registration links for the webinars and free Mental Health First Aid training are on the Resource Page.

Upcoming Events



REGIONAL HEALTH DISPARITIES SYMPOSIUM
Highlighting the Hidden Health Disparities of Northeastern Kentucky

April 14, 2023
The Morehead Conference Center
111 E. First St.
Morehead, KY 40351
8:30am - 3:00pm

Free CME, ACPE, CNE, and Social Work Credit

What are Health Disparities?
What do we mean by "hidden" Health Disparities?
What are social determinants of health?
And why does all this matter?

Overall objectives:
Upon completion of this course, participants will be able to:

1. Describe at least two social determinants of health tied to poverty nationally and in Kentucky.
2. Recognize barriers to care and the importance of simplified access to resources.
3. Identify at least three health care services that the uninsured commonly lack or have limited access to.
4. Describe the ways in which rural communities can be more proactive in recovery solutions.

You can register here now:

<https://lnkd.in/g2awuvqA>

For more information please contact Megan Littleton at

megan.littleton@st-claire.org

Join our LinkedIn group!! This LinkedIn group is intended to replace our DFCM Connect platform and 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/>

Joining KAN

KAN Organizational Member Form

Organizational
examples include:
health departments
colleges in university
settings
KAFP, KPCA, Founda-
tion for a Healthy KY
clinics

<https://redcap.uky.edu/redcap/surveys/?s=NH9WY-WWTHTN9437A>



KAN Individual Member Form

Individual members
include:
MDs, PAs,
RN, APRN, Nurse mid-
wives,
counselors, social
workers,
dentists, dental hygien-
ists,
pharmacists

<https://redcap.uky.edu/redcap/surveys/?s=7RE8ANJ-FL37JD37X>



Questions, Comments, Concerns?

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