



Hello!

SUMMER 2023

Research. Quality. Transformation.

Inside:

- KAN goes to the PBRN Conference
- Ongoing KAN Research
 - LinkedIn Group
 - KAN links and Info

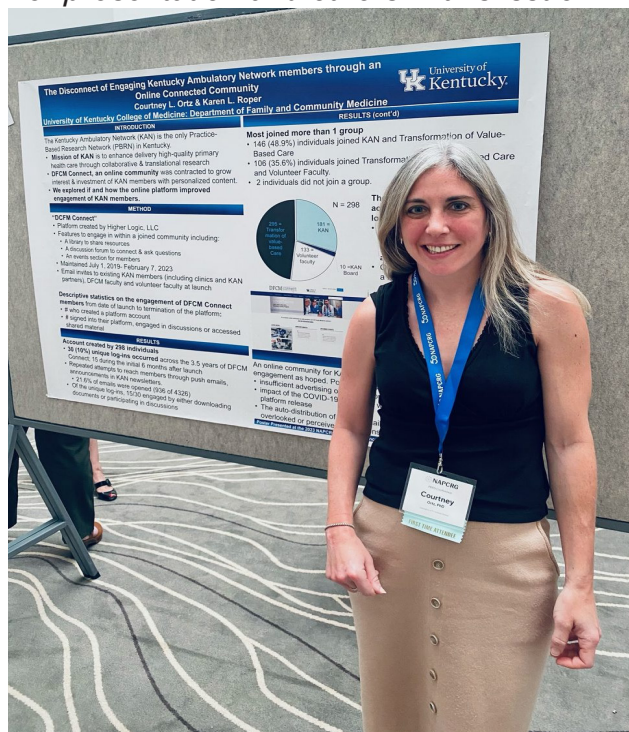
Updates and News from the Kentucky Ambulatory Network - Director's message

KAN members! **KAN is growing in many ways.** This year we have had a booth presence at the KY Academy of Family Physicians and the KY Primary Care Association. These events and other outreach brings our current membership to 176 individual members, representing over 200 clinical sites. As we grow, we have gained significant interest from partner organizations and funded researchers. **This issue showcases our work together on research projects!**

It is notable that these studies all seek partners and/or hope to recruit from areas throughout Kentucky, and each focus on areas of need within these communities. We hope you'll read on about how these projects might benefit you, your clinic or your patients; for example, by addressing health needs of those residing in flood areas, alcohol use, expanding access to buprenorphine treatments, and more. We are proud that investigators continue to rely on our outreach to our KAN network as they work to reach these communities with initiatives that can provide direct benefit.

Yet, KAN engagement is still not where we'd love it to be. We hope to do better to meet you where you are and learn of your interests and facilitation needs. **We'll be traveling across the state to meet our members in their clinics.** In the coming months, KAN coordinator Courtney Ortz, PhD, will be traveling to several of the clinical sites of the King's Daughters network to meet with members. 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 last page of this newsletter.

Courtney Ortz, PhD at the Practice Based Research Conference (N American Primary Care Research Group). Read about her presentation and others in this issue.



Research KAN has Supported

Follow-Up Care for Child Cancer Survivors

- No Longer Recruiting

ACTIVELY RECRUITING:

More detail on each of these **Research Opportunities** is shown in the pages that follow!

- Dr. Micky Koffarnus' NIH Experimental treatment research study aimed at facilitating abstinence from alcohol. *Recruiting patients 18 years or older who drink excessively and are interested in cutting down or quitting*

- Dr. Stacy Stanifer's study evaluating a tip sheet for patients with respiratory conditions and weak immune system who experienced flooding. *Recruiting all clinic staff in Southeast Kentucky.*

- Dr. Karen Roper's video CME/research opportunity on treating patients with Opioid Use Disorder. *Recruiting Physicians (MD, DO, APRN, PA) employed in primary care family or internal medicine in Kentucky. Gain up to 1.25 CME and \$75*

From the front page...

NAPCRG PBRN Conference 2023 KAN attended the PBRN Conference Bethesda, MD

Earlier this summer, KAN coordinator Courtney Ortiz attended the annual Practice-Based research Network conference, which brought together PBRNs from across the United States and Canada.

PBRN infrastructure was a hot topic. We learned that while KAN has worked to connect with individual members, most PBRN's focus on member clinics, almost exclusively. We at KAN hope to do both. We are constantly working to update our database, linking individual members with their clinic and seeking to find clinic "champions" for KAN. We'll be doing more of this in the site visits that we have planned!

In addition to clinic champions, many PBRNs have established connections with their state's cooperative extension, employ a medical director, a coordination team, a network director, and an executive steering committee in addition to researchers. We at KAN are notably bare bones! We hope as our growth continues, we will position ourselves to model these critical infrastructure needs.

Other topics discussed at the conference related to Behavioral Health/Substance Use Disorder, Practice Facilitation/Quality Improvement, Dissemination & Implementation, Chronic Care Management Health Equity, and COVID-19.

KAN Presented at the PBRN Conference

Courtney Ortiz, PhD presented a poster presentation “The Disconnect of Engaging Kentucky Ambulatory Network members through an Online Connected Community” at the NAPCRG PBRN Conference.

The poster presentation examined **engagement in our online community of which many of you were a part, DFCM Connect.**

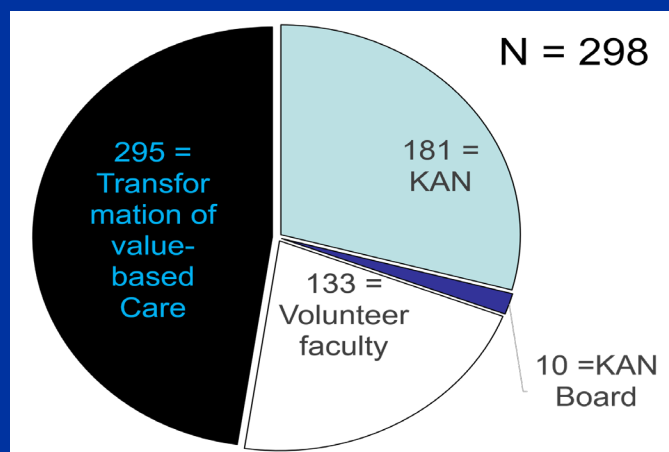
DFCM Connect, an online community, was contracted to grow interest & investment of KAN members with personalized content. It was a platform created by Higher Logic, LLC. We explored if and how the online platform improved engagement of KAN members.

DFCM Connect had many features to engage in within a joined community including a library to share resources, a discussion forum to connect & ask questions, and an events section for members. Email invites were sent to existing KAN members clinics and KAN partners, DFCM faculty and volunteer faculty at launch (July 2019). The platform ended Feb 2023.

We wished to characterize the engagement of DFCM Connect with its members: the number of individuals who created a platform account as well as the number of individuals who signed into their platform, engaged in discussions or accessed shared material.

While 298 individuals created accounts, there were just 30 unique log-ins (10%) across the 3.5 years of DFCM Connect, half of which were during the initial 6 months after launch. Repeated attempts were made to reach members through push emails, and announcements in KAN newsletters. Only 21.6% of emails were opened (936 of 4326).

Of the unique log-ins, 15/30 engaged by either downloading documents or participating in discussions. Many members joined the different available groups. The KAN group had the most active participation, largely for discussion posts. But even this was not well sustained. One discussion post initiated by a KAN member received no reply responses.



KAN MEMBERS!

Our DFCM Connect online community did not facilitate engagement as we had hoped!

- Were the frequent auto-distribution of “push” email notifications overlooked? burdensome?
- Did we sufficiently advertising it's purpose and capabilities?
- Was it a Covid-19 related problem?

KAN relies on engagement: *Join us at LinkedIn!*
Let's set up a visit at your clinic!

KAN members contribute to now-published research study on migraine!

The article “**Migraine care practices in primary care: results from a national US survey**” is in the May, 2023 edition of the journal Family Practice!

Members from KAN were among those who participated the survey following the invite we sent out. The study was conducted in conjunction with The AAFP National Research Network and the Eli Lilly and Co in order to assess primary care clinicians understanding of migraines: their **experiences diagnosing, managing, and treating patients with chronic migraines**. The abstract is below. We recognize how busy you are and the fatigue of surveys but we felt this work offered sufficient benefit as well as offering recognition for KAN’s involvement and reimbursement to participants. A big THANK YOU to all who helped with this project!

Abstract

Background: Primary care clinicians play a critical role in diagnosis and treatment of migraine, yet barriers exist. This national survey assessed barriers to diagnosis and treatment of migraine, preferred approaches to receiving migraine education, and familiarity with recent therapeutic innovations.

Methods: The survey was created by the American Academy of Family Physicians (AAFP) and Eli Lilly and Company and distributed to a national sample through the AAFP National Research Network and affiliated PBRNs from mid-April through the end of May 2021. Initial analyses were descriptive statistics, ANOVAs, and Chi-Square tests. Individual and multivariate models were completed for: adult patients seen in a week; respondent years since residency; and adult patients with migraine seen in a week.

Results: Respondents who saw fewer patients were more likely to indicate unclear patient histories were a barrier to diagnosing. Respondents who saw more patients with migraine were more likely to indicate the priority of other comorbidities and insufficient time were barriers to diagnosing. Respondents who had been out of residency longer were more likely to change a treatment plan due to attack impact, quality of life, and medication cost. Respondents who had been out of residency shorter were more likely to prefer to learn from migraine/headache research scientists and use paper headache diaries.

Conclusions: Results demonstrate differences in familiarity with migraine diagnosis and treatment options based on patients seen and years since residency. To maximise appropriate diagnosis within primary care, targeted efforts to increase familiarity and decrease barriers to migraine care should be implemented.

Research Opportunities

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/>

Patient Education for flood-affected individuals. See next page for flyer

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.

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.

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. In doing so, we will be better prepared to support patients and healthcare systems before and following natural disasters.

See the NEXT PAGE for the flyer, including a link and QR code that people can use to request either printed or an electronic version of the tip sheet: **Elect to participate in the study by providing us with feedback on the content.**



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

Research Opportunities

In addition to the tip sheet (at left and above for research description), Dr. Stanifer and her team 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 these PSAs:

<https://www.youtube.com/watch?v=DVZq-CUc6leQ>

https://youtu.be/_bzKDaR43FU

EDUCATIONAL (CME) and Research Opportunity

MDs, DOs, APRNs, PAs:

Contribute to Research with this PAID + CE opportunity!

Primary care currently represents fewer than 1 in 5 providers offering medications for opioid use disorder (MOUD). **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.**

SEE THE FLYER INCLUDED WITH THIS NEWSLETTER -or- reach out to us by email at: FamMed.UKyResearch@uky.edu



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-WWTHTN9437A>



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>



Questions, Comments? Ask us anything!

KAN@uky.edu

OR

Karen Roper, PhD
KAN Director
859-257-4880

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

Join our LinkedIn group!!

This LinkedIn group is **intended to** allow members to **Please find us on LinkedIn and follow us!** <https://www.linkedin.com/groups/14116632/>

This will allow us to continue connections/ collaborations through discussions, polls, notifications of events, and opportunities for research, CEU's, etc.