



Summer 2024

**Research. Quality.
Transformation.**



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KAN: A YEAR IN REVIEW!!!!

Hello KAN members! Drs. Karen Roper and Courtney Ortiz, KAN director and coordinator, respectively, have been busy this last year!! Our activities include attending conferences as vendors, preparing grant applications, visiting clinics, and educating residents and medical students about KAN and the benefits of being a member (see below for more details). We appreciate each and every one of you for your efforts in helping us to strengthen KAN as a research network!

Activities in the last year include:

- 1.) **Grant planning for a colorectal screening implementation study with King's Daughter's Medical Center**
- 2.) **Two KAN board meetings**
- 3.) **Three Newsletters (Summer & Fall 2023, Spring 2024)**
- 4.) **Two new board members, Dr. Amina Shalash and (announcing! See story inside!): Dr. Sarah Marks**
- 5.) **Three conferences as vendors (KAFFP, Kentucky REC conference, Appalachian Research Day: Come Sit on the Porch)**
- 6.) **Five requests for board approval (2 *described inside and recruiting!*: The Make Better Choices 2 Study and the Asthma Dartnet Study)**
- 7.) **KAN presentation to UK Family Med Residency Program**
- 8.) **KAN Visits to Clinics (see story inside)**

KAN Spotlight: Newest Board Member, Dr. Sarah Marks



Dr. Sarah Marks has joined the KAN Board of Directors. Her input will be highly valuable as she, along with our Board member Jennifer Stephens Roberson are both heavily involved in residency training (at Univ. Kentucky and Lake Cumberland, respectively).

Dr. Marks is from Lexington, KY. Her undergraduate and graduate degrees are in Linguistics. She graduated from medical school at UK in 2010 and completed her residency in Milwaukee in 2013. Dr. Marks then started her career in medicine in Kansas as faculty. Her focus there was on teaching medical students. They had an interprofessional teaching clinic with medical students, pharmacists, nurses, PT/OT, health information management, psychologists, and social workers. She worked here for 6 years. She returned to UK where she focuses on resident education and is the Associate Residency Program Director and Maternity Care Director.

Dr. Marks is also a Transform Health LGBTQ provider and started the Prenatal Clinic at Polk Dalton almost 2 years ago. She is completing a Master's Degree in Education this summer. Dr Marks' research interests lie in curriculum design, and finding ways to help residents with their education.

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, and UK DFCM residency program.

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 you or your residency program is interested to know more about what KAN can do to provide research training and opportunities to residents, please reach out!

KAN Clinic Visits in the Last Year

Courtney has been visiting clinics every month since August 2023 where she started with King's Daughter's Clinics preparing for a grant proposal. She visited the following clinics:

- Cedar Knoll FCC
- Kings Daughters Cannonsburg
- Detherage Family Practice
- Ironton FCC
- Flatwoods FCC
- Flatwoods MS
- KD Cornerstone
- KD Ashland Primary Care
- KD Flatwoods PC
- KD Greenup PC
- KD Grayson Primary Care
- KD Carter County PC
- KD Henry Adkins PC
- Sandy Hook FCC
- Catlettsburg FCC
- Burlington FCC
- KD Bellefonte PC
- Olive Hill FCC

Starting in November 2023, Courtney expanded her visits to the following clinics:

- Northgate Medical group
- Bluegrass Community Health Center
- Benham, KY: MBC 2 Study
- MCHC Whitesburg
- Sterling HealthCare -Carlisle
- Harrison Memorial Primary Care -Carlisle
- MCHC Buckhorn
- MCHC Leatherwood/Blackey Medical Clinic
- Sterling Healthcare-Mt Sterling
- Mt Sterling Montgomery Dental Clinic and Women's Care
- United Medical Group

At these clinics, Courtney primarily met with providers, but also met with office staff, managers, etc.

KAN VISITS WILL BE ON HOLD FOR SUMMER. IF YOU WOULD LIKE TO SCHEDULE A TIME FOR KAN LEADERSHIP TO MEET WITH YOU IN YOUR CLINIC WHEN VISITS RESUME, PLEASE CONTACT US AT KAN@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>

Join our LinkedIn groups!!

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

We have a public group and a private group. The public group is intended to display KAN activities and advertise the private group for specific KAN related research studies.

Public group

Private Group



KAN SUPPORTED PROVIDER SURVEY: ASTHMA DARTNET STUDY

Management of Moderate to Severe Asthma from a Primary Care Provider's Perspective

PI: Juan Carlos Cardet, MD, MPH, and Christina Hester, PhD, MPH

This study was approved by the American Academy of Family Physicians.

These researchers are conducting a survey to explore **the primary care provider perspective for management of patients with moderate to severe persistent asthma.**

They are recruiting 7,300 individual primary care clinicians including:

- Family physician members of the American Academy of Family Physicians
- Primary care clinician members of the AAFP National Research Network
- DARTNet research networks

Participants will receive a \$20 gift card after survey completion.

The 13 question survey addresses:

- **Management of patients with moderate to severe asthma in primary care**
- **The decision to refer these patients from primary care to asthma care specialists (allergists and pulmonologists)**
- **Primary care clinician knowledge regarding biologic therapies for asthma**

Below is a QR code to the survey:



If you have any questions about this survey, please email Elisabeth Callen, PhD, PStat (elisabeth.callen@dartnet.info) or Christina Hester, PhD, MPH (christina.hester@dartnet.info).

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.

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

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).

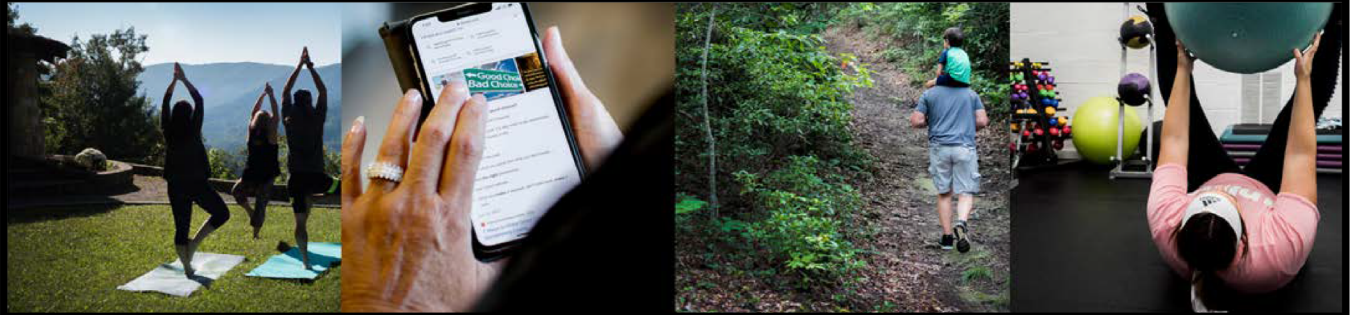
Note: Those with stable medical conditions require physician approval to participate.

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.



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
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MakeBetterChoices2.com

www.UKclinicalresearch.com

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!

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