



Winter 2025



Kentucky Ambulatory Network

Research. Collaborate. Transform.

How are you?

There is just a LOT going on.

In our nation.

In our state.

In our clinics and communities and our own lives.

Primary care is a place that helps create health solutions for everyone, ensuring that no one is left behind in the pursuit of health and well-being. How are we doing? From the challenges to our colleagues in the eastern part of the state with new flooding, to changes in the National Institutes of Health financing at our research institutions and the communities this work touches, to reductions in staffing at our national health centers, to global health and our role in relation to the World Health Organization... **This is a time to connect and discuss.**

If you have a reflection, relevant news, or article that is important to you or our shared vision and mission – if you want to just let share an update or good news! – even if you want to just give a post on how you are, right now... well, we have a LinkedIn members page that is exclusive to just this membership. Please feel free to let yourself be heard and hear from others in a respectful, supportive place. [Kentucky Ambulatory Network \(KAN\) Members Only | Groups | LinkedIn](#)

The Kentucky Ambulatory Network is made up of individuals and practices whose dedication to primary care research and quality initiatives drives progress toward better health for everyone. We thank you for being part of our mission.

Signed, Karen L. Roper, PhD. KAN director



A message from our supporting practice-based research organization, the North American Primary Care Research Network (NAPCRG) is offering similar recognition, announcing "**Now is the time to stand together**". Read at [United in Uncertain Times – Together We Move Forward](#)

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Spotlight: Dr. Roberto Cardarelli

Dr. Roberto Cardarelli, DO, MHA, MPH was the former director of KAN, and has spent the past year as Chief Medical Officer (CMO) at Baptist Health Louisville. The system he oversees as CMO is a 490-bed hospital, which is ranked number three in Kentucky by the 2024-25 U.S. News & World Report Best Hospital Listings. The KAN team interviewed Dr. Cardarelli to ask about the rewards and opportunities of his role in executive leadership.

A clear driver behind his passion for this role was that it has allowed him to work on quality improvement and population health initiatives in several of his executive roles. Utilizing his love for data and research, Dr. Cardarelli described his work in developing the "Concentration Model", a structural and accountability approach to improving quality and safety outcomes. One example was his team's work around hospital mortality scores. In the short year he has been with Baptist Health, Dr. Cardarelli has played an integral part in redesigning and implementing the concentration model as it relates to this quality outcome. The result was elevating the hospital's mortality scores to above national benchmark and high performing

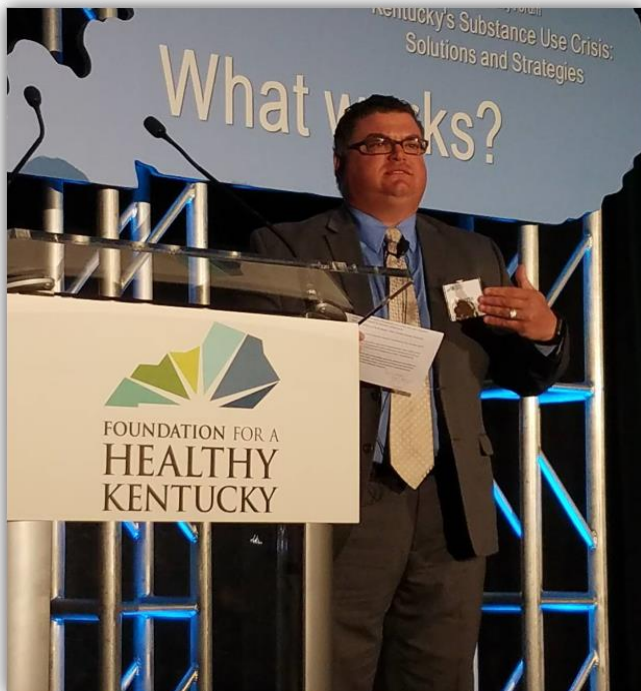
"The fact that I'm able to apply a lot of research frameworks into daily operations, and the work we're doing around quality improvement is so gratifying"

Spotlight: Continued

The concentration model's success is now being applied to other quality and safety health care metrics including length of stay and fall prevention. Dr. Cardarelli's work bridges research with daily hospital operations, making evidence-based frameworks actionable in acute care settings.

Beyond his role at Baptist Health, Dr. Cardarelli's long-standing engagement with practice-based research networks and KAN has continued, and he currently serves on our executive board. **When asked, Dr. Cardarelli related what drives his engagement with KAN: "the innovation and commitment to advancing care delivery."** Board work often centers on approving research proposals to assure they are not only meaningful for practicing physicians but also impactful for the communities they serve, something that Dr. Cardarelli is especially well suited to evaluate.

Looking to the future, Dr. Cardarelli sees immense potential for primary care physicians to play a central role in health systems and quality improvement research. Researchers, he emphasized, must acknowledge the significant barriers providers face, including their often-overwhelming administrative burden. KAN can play a part in this, providing opportunities that are aligned to address practice needs and to better understand and engage providers in meaningful research, quality improvement, and engagement in a community of practices.



Through his leadership, research, and commitment to quality improvement, Dr. Cardarelli continues to shape the future of healthcare by integrating evidence-based strategies into real-world practice that can help ensure meaningful and lasting change in patient outcomes. We are grateful that he brings his significant expertise to the decision-making of our KAN board. Whether researcher or clinician, please reach out to KAN if you have questions that Dr. Cardarelli might be uniquely positioned to answer.

"The biggest reward is taking the years of administration, clinical practice, and research knowledge and making change in [clinical] outcomes"

KAN Board

Who are we and what do we do?

The KAN Board, consisting of eight dedicated members, plays a crucial role in ensuring that all network activities align with our mission. This is accomplished through the careful review, approval, or disapproval of research proposals that seek to utilize KAN resources. Each board member serves on a voluntary basis, contributing their time and expertise to uphold the integrity and mission of the network. Notably, our longest-serving board member, Gerry Stover, joined soon after its creation in 2000 and has been an integral part of KAN, demonstrating the commitment and dedication that define our leadership.

Any research study included in KAN newsletters or disseminated to our members undergoes a thorough evaluation process. Each submission is carefully reviewed, discussed, and approved by the KAN Board to ensure quality and relevance to primary care providers. This vetting process typically takes place soon after a research collaboration request is received and initially screened by KAN Director, Dr. Karen Roper.

KAN does not impose a fixed limit on the size of our board and is **always eager to welcome new members** who share our commitment to research and collaboration.

In addition to established professionals, we actively seek to fill two to four trainee board positions. The KAN board, along with a [recent study](#) on the topic, has expressed that too few trainees realize that PBRNs exist and/or could aid them as they seek opportunities to advance their research or quality improvement project interests, and in doing this – their careers! See next...

Resident Program

Apply for a Trainee Position on KANs Board

Applications for medical students and residents to join KAN's board as trainee members remain open! We are looking to add four trainee members to our KAN board, which meets 2-3 yearly, in addition to contact throughout the year to evaluate research opportunities KAN board members consider for approval.

These roles are specifically designed for medical students and residents, offering them a valuable opportunity to deepen their understanding of research. By taking steps to foster the next generation of clinician-researchers, KAN remains committed to advancing medical research and professional development.

We will speak with interested individuals about KAN, the Board, and expectations upon filling out a self-nomination form at this [Link](#).

Addiction Specialist Council of Kentucky [ASK]

Do you treat people who use drugs? Your perspective is highly valued and can help researchers. Consider joining the newly formed ASK council!



The ASK will meet by teleconference quarterly to gather real-world perspectives and the advice of clinical and other service professionals who provide for individuals with substance use needs. The KAN director, Karen Roper, is forming this group to provide practice-based advice and guidance to research groups in the development, design, conduct and/or implementation of their studies or quality initiatives. Primary Care representation is needed!

You would join a group with a diverse range of specialties and practice settings across Kentucky (Outpatient and Syringe Services professionals, HSPs who work in recovery housing, Recovery Coaches, etc), helping to assure that the viewpoints and needs that exist outside of research centers and academic medicine are used to inform the approach of those who seek the unique expertise of the ASK council.

RESEARCHERS: To the KAN member researchers reading this, please consider how the ASK council could help your next grant application, your next publication, your next idea. We are taking requests to meet with the ASK right now! Submit your request at:

<https://redcap.uky.edu/redcap/surveys/?s=YFP9LNY93JRPL44L>

A flyer is also included in this newsletter below. Please share widely with other research units!

Funding for the time of ASK Council members is provided by the Substance Use Priority Area group within the University of Kentucky. This ensures that their time is **FREE TO RESEARCHERS**. Find out more by emailing karen.roper@uky.edu.

Professional Research Opportunity

Eating Disorders

Caroline Schiff, LCSW and current doctoral student at Sacred Heart University, is seeking physicians to partake in a one-time **30-minute virtual interview to learn more about primary care physicians' experiences working with people who have eating disorders.**

If you are interested in participating in her research, please reach out to her at schiffc@sacredheart.edu for further information.

Appalachian Communities

Come sit on the porch

Join us at the UK Center of Excellence in Rural Health [Appalachian Research Day](#) on 4/16/2024. KAN will be heading down to Corbin, KY to take part in the conference. If you are a researcher and have a current research flyer you would like advertised by KAN, please email KAN@uky.edu. If you plan to attend, please stop by our table to say hello!



University of Kentucky Flood Aid

The state of Kentucky has experienced devastating flooding in the past week. Please know we are thinking of you and your loved ones. If you are able to donate, UK has set up a donation drive to aid flood victims. More information can be found [Here](#).

Agency for Healthcare Research and Quality Webinar

The Value and Impact of Primary Care Research

Join AHRQ for their 2025 webinar series highlighting the value and impact of primary care research. **Registration is required.**

•[Factors that Impact Perinatal Care Experience and Outcomes](#) _____

March 6, 2025, 2:00 PM - 3:15 PM ET

•[The Impact of Consolidation and Investor Ownership on Primary Care](#) _____

April 3, 2025, 2:00 PM - 3:15 PM ET

•[Tools and Approaches for Addressing Health Disparities in Primary Care Delivery](#) _____

May 1, 2025, 2:00 PM - 3:15 PM ET

KAN Membership

Share these links!

Please select at least one from the table below.

Disease States:	General topics and initiatives of interest:
<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Research opportunities for residents and medical students
<input type="checkbox"/> Depression	<input type="checkbox"/> Career path of physicians
<input type="checkbox"/> Heart Failure	<input type="checkbox"/> Impact of education path of health professionals on quality of care
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Work flow in large versus small practices
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Health policy
<input type="checkbox"/> Menopause	<input type="checkbox"/> Epidemiology and natural history
<input type="checkbox"/> Chronic Pain	<input type="checkbox"/> Screening/prevention and health promotion
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Communication and Compliance
<input type="checkbox"/> Cancer	<input type="checkbox"/> Coordination of care
<input type="checkbox"/> Dementia	<input type="checkbox"/> Health literacy
<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Nutrition
<input type="checkbox"/> Lung disease	<input type="checkbox"/> Oral Health
<input type="checkbox"/>	<input type="checkbox"/> Fitness
<input type="checkbox"/> Osteoporosis/osteopenia	<input type="checkbox"/> Medication management/monitoring/adherence
<input type="checkbox"/> Opioid/Substance Abuse/Treatment	<input type="checkbox"/> Medication-assisted treatment (MAT) in primary care
<input type="checkbox"/> Infectious Diseases	<input type="checkbox"/> Rural health
<input type="checkbox"/> Marfan Syndrome	<input type="checkbox"/> Social determinants of health care gaps
<input type="checkbox"/> Hepatitis	<input type="checkbox"/> Population health
<input type="checkbox"/> Obesity/Comorbidities	<input type="checkbox"/> Minority Health
<input type="checkbox"/> Other	<input type="checkbox"/> Telemedicine
	<input type="checkbox"/> Other
	<input type="checkbox"/> mobile health
	<input type="checkbox"/> smoking
	<input type="checkbox"/> Dissemination and Implementation



If you are a member and have not yet completed our Organizational Members Form, **Please Scan the QR code above (or click the [link!](#))**. This form gives KAN crucial data about our members and their **interest areas**.

This helps us be more responsive to your needs! As KAN is made aware of studies, we will be better able to suggest applicable research to you! Thank you in advance for completing the form if you have not already!

Join our LinkedIn Groups!

The LinkedIn Groups intend to allow members to continue connections/ collaborations through discussions, polls, opportunities for research, CEU'S and to keep members up to date on KAN events. Please note, research opportunities will be posted exclusively on the private research group.



[Public](#) Group



[Private](#) Group

CE Opportunities



LOOK NO FURTHER FOR ON-DEMAND CE!

To access **FREE CE Courses**, scan or click link!

NEKYAHEC-CONTINUING-EDUCATION.THINKIFIC.COM

AVAILABLE CE:

- PART ONE: CANNABIS EDUCATION HOUR
- PART TWO: MEDICINAL CANNABIS IN KY: QUALIFYING CONDITIONS
- PART THREE: PHARMACOLOGY OF CANNABIS

TO OBTAIN YOUR CEU CERTIFICATE, YOU MUST:

- ✓ WATCH THE ENTIRE VIDEO
- ✓ COMPLETE THE QUIZ WITH A PASSING GRADE OF 90%
** BOTH VIDEO AND QUIZ ARE LOCATED IN THINKIFIC
- ✓ COMPLETE THE JOTFORM EVALUATION
**JOTFORM EVALUATION LINK IS LOCATED IN THE TEXT BELOW VIDEO

Credit Available: CME, CNE, & ACPE

THINKIFIC **NORTHEAST AHEC**

THIS ENDURING MATERIAL IS INTENDED FOR PHYSICIANS, NURSES, PHARMACISTS, AND ANY OTHER INTERESTED HEALTH PROFESSIONALS. FOR MORE INFORMATION, CONTACT MEGAN MCNEAL AT 606.783.7578 OR MEGAN.MCNEAL@ST-CLAIRE.ORG.

Did you know that the Northeast AHEC's Continuing Education division has an on-demand library of virtual activities? This makes it possible for you to obtain CEUs from the comfort of your home! We have three sessions currently available, with more to come! nekyahec-continuing-education.thinkific.com

CE Opportunities



Prescribing Buprenorphine in Primary Care Video Research Study UP TO 1.25 CME AND \$75 PAYMENT PROVIDED

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.cecentral.com/node/1811>



Now approved for HB1 credit!

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)[™]. Participants are also sent a choice of electronic gift card options valued at \$50 for the first two videos, and \$25 for the final video in the activity.

Questions?
Email the
team at:

FamMed.UKyResearch
@uky.edu

CECENTRAL

**College of
Medicine**
Family and Community Medicine

**University of
Kentucky**
Research
An Equal Opportunity University

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!

ASK

The Addiction Specialists
of Kentucky Council



The Addiction Specialists of Kentucky (ASK) Council is a representative group of health service professionals, including physicians, staff, and administrators employed in different treatment and harm reduction settings who work with people who use drugs (PWUD).

The unique perspective and experiences of the ASK Council can provide invaluable feedback and advise on research or related substance use treatment initiatives. Inquiries that are most likely to benefit from ASK Council input include guidance on a project (study development, design, recruitment &/or dissemination plans), other quality improvement or implementation ideas, or plans to address a public service need or advocacy goal related to substance use, harm reduction, and/or treatment.

Researchers are encouraged to apply to visit one of the council's quarterly meetings using the QR code below. Presenting groups will be given 45 minutes with the council to discuss their project. For more information or questions about applying, email Dr. Karen Roper (karen.roper@uky.edu). The Addiction Specialists of Kentucky Council is supported by the UK Substance Use Priority Research Area (SUPRA).

**SCAN FOR MORE
INFORMATION!**





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

THINKING ABOUT DRINKING LESS?

SO ARE WE. THINK ABOUT JOINING
OUR ALCOHOL RESEARCH STUDY.

We are looking for people who drink alcohol excessively and are interested in cutting down or even quitting.

Eligible participants will be at least 18 years old for this remotely-delivered experimental treatment study. The amount of time you will be asked to volunteer for this study spans approximately 15 months and requires two visits to our research facility.

Qualified participants will be compensated for their participation. Travel expenses may be reimbursed.

STRICTLY CONFIDENTIAL!

To see if you may be eligible, you can screen online:

<https://bit.ly/2Q2dZca> **OR**

<https://redcap.uky.edu/redcap/surveys/?s=4CDJCAAE4A>



healthful
THE healthier futures lab

Monday – Friday 9 am – 5 pm
[Extended hours available
by appointment]

UK Healthcare
Turfland Clinic
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Lexington, KY 40504

FOR MORE INFORMATION
Call, Text, or Email
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healthful@uky.edu

