

Research Division

WELCOME FROM THE DIRECTOR

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Hello and welcome to the Fall Edition of the Department of Family & Community Medicine Research Division Newsletter. Here you will find updates and news on our many projects and community collaborations.

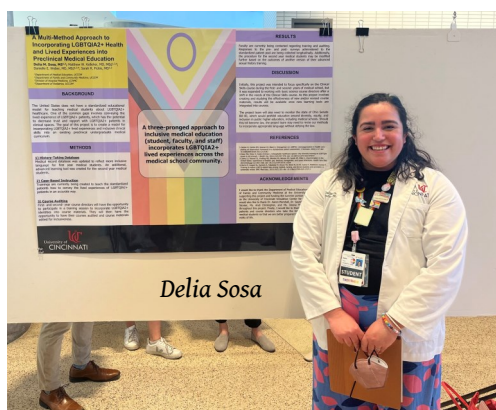
Let us know how we might work together and assist with building your project from grant submission to dissemination.

-Saundra (Soni) Regan, PhD
Director of DFCM Research Division

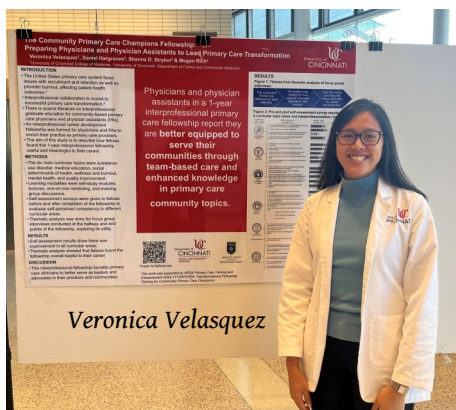
Summer Research Fellowship Students Present at Research & Service Symposium

The University of Cincinnati College of Medicine recently held its annual Research & Service Symposium on November 1st. Here, students from the Research Division's Summer Fellowship program presented their work completed with their respective mentors and teams on various projects. We are so proud, thankful, and inspired by the students in our fellowship program!

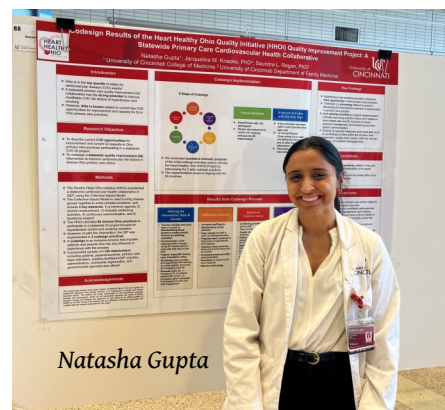
Visit [the College of Medicine's Research Opportunities for Learners page](#) to learn more!



Delia Sosa



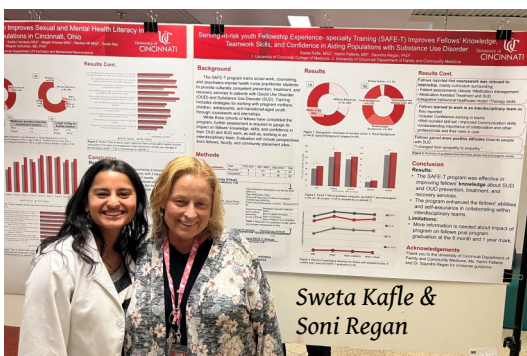
Veronica Velasquez



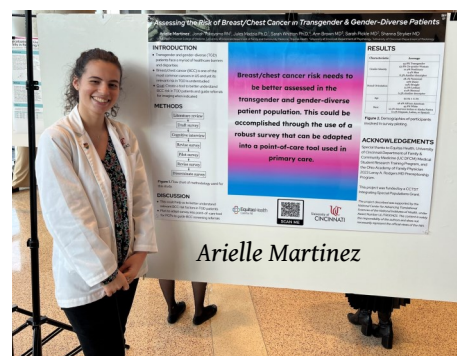
Natasha Gupta



Sofia Lopez & Soni Regan



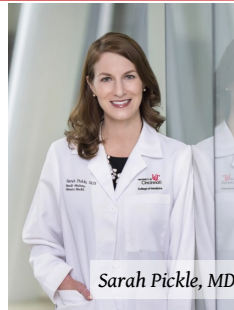
Sweta Kafle & Soni Regan



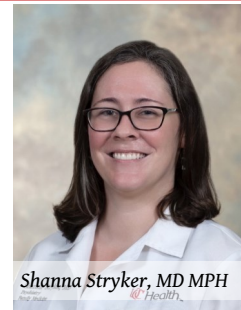
Arielle Martinez

Sawyer Pardo Fellowship for LGBTQ+ Health Team Awarded Opportunity for Faculty Enrichment

Research Division team members Jackie Knapke, PhD, and Shanna Stryker, MD MPH, along with fellowship director Sarah Pickle, MD, recently received a Diversity, Equity, and Inclusion Project Award for their application entitled Faculty Enrichment and Training Capacity in LGBTQ+ Health (FETCH). Funding for FETCH will be used to help establish “a collaborative, cross-institutional partnership with two LGBTQ+ fellowship programs at Harvard University (HU) and the University of Wisconsin (UW), and supporting faculty professional development through attendance at relevant conferences.”



Sarah Pickle, MD



Shanna Stryker, MD MPH



Jackie Knapke, PhD

This fellowship is intended to fill a gap of need in LGBTQ+ care training for which the Accreditation Council for Graduate Medical Education (ACGME) currently provides no required competencies or curricula. The fellowship has a verbal offer for its first fellow to begin!

Learn more about the Sawyer Pardo Fellowship for LGBTQ+ Health by visiting their website:

<https://www.lgbtqfellowship.com/>



Community-Academic Partnered Air Sensor Research Training Program Recruiting Participants

The Research Innovations using Sensor Technology in Environmental Justice Communities (RISE Communities) program is currently recruiting community-academic partnered teams for its next training to be held August 7-9, 2024. The program aims to equip teams with technical skills and knowledge to successfully launch a project using low-cost sensors in environmental justice communities. The program is funded by the National Institutes of Environmental Health Sciences, and is a partnership of the UC Department of Family and Community Medicine and Cincinnati Children's Hospital Medical Center. **The training, including travel, food, and lodging, is provided for FREE.** All participants also receive **12 air quality monitors at no cost** to get their projects started!

Learn more at: <https://www.ejsensors.com/>

WELLNESS CORNER

Air Pollution: It's not just outside!

By Mary Beth Vonder Meulen, RN

Most of us are aware of the dangers of outdoor air pollution but don't realize that the air in our homes can pose a hazard too. Regular exposure to high levels of indoor pollution can lead to long-term health problems, but there are ways to make your environment safer.

How to reduce the toxins in your home:

- ◆ Clean with non-toxic products
- ◆ Be sure your vacuum has a HEPA filter
- ◆ Open a window when you clean to improve air circulation
- ◆ Maintain your home ventilation system
- ◆ Wash your hands and your children's hands often
- ◆ If the outdoor air pollution level or pollen counts are high, keep the windows closed and use the air conditioning
- ◆ Keep the humidity levels low in your home to keep dust mites and mold under control
- ◆ Vacuum at least once a week
- ◆ Change your bed linens weekly and wash in hot water
- ◆ Upholstered furniture and carpets can harbor allergens, so avoid them or be sure to clean them regularly
- ◆ Do not allow anyone to smoke in your home
- ◆ Avoid burning candles, incense, and wood fires

References:

Who guidelines for indoor air quality. (2013, October)
http://www.euro.who.int/__data/assets/pdf_file/0009/128169/e94535.pdf

A Peek into Policy By Josh Smith, MD

I love asking “why?”. In many ways, this curiosity drove me into healthcare. Health professionals are experts in “why”- why is he short of breath? Why is she not responding to this medication? Why does this community have increased rates of asthma? For the past decade, my “why” has broadened beyond the clinical space to ask, “why is our health system the way it is?” This line of questioning led me to health policy.

Earlier this year, I had the privilege to participate in a health policy course through the George Washington University Milken School of Public Health. Clinicians and public health experts alike feel the omnipresence of systemic and structural determinants in our daily work. These determinants can be as broad as third-party reimbursement and public infrastructure and as narrow as a clinic’s late arrival policy or daycare start time. My goal in participating in this course was to better understand these systems and structures, the way that history and policies shape them, and the way they can be shaped to better serve patients. I came out with a fresh perspective and renewed motivation. I was reminded that striving to improve health without understanding our system is like hiking without a map, not knowing where mountains and rivers will forestall the journey.

In my reflections, I have come to the themes below, and over the coming months, I will share more detailed pieces addressing these themes. My goal is not to create health policy wonks, researchers on models of reimbursement, or drafters of legislative

policy. My goal is to grant a peek into policy, to broaden your perspective on the place you hold and the role you play in the intersecting systems that facilitate health and disease. I hope to empower you to think differently about illness, to recognize that disease is not always a failure of the body but at times is a foreseeable consequence of decisions made long ago. I hope to encourage you to use your expertise in health to inform better policies and equip you with tools to shape better systems.

A Brief Peek into Policy: Select Takeaways from the Overarching Themes	
History and Incentives in US Health Policy	<ul style="list-style-type: none"> • “The history of US Health Policy is one of unintended consequences.” • “Social determinants of health manifest from the structural drivers of health.” • “If you care about it, find a code for it.” • “Policy will always die at politics”
Physicians as Advocates	<ul style="list-style-type: none"> • “Physicians are among the most trusted professions - use bullhorns locally” • “What policymakers don’t know, they can’t fix” • “Keep patient stories close - stories catalyze change” • “The job of physicians is to identify problems and propose solutions, the job of policymakers is to develop solutions and implement change”
Physicians as Changemakers	<ul style="list-style-type: none"> • “Don’t ask yourself ‘should’, ask ‘how’” • “Ask yourself frequently if ‘good’ is ‘good enough’” • “Know your system well. Ask your problem precisely. Identify your solution and know both sides of the argument.” • “Decisions are made by those who show up”

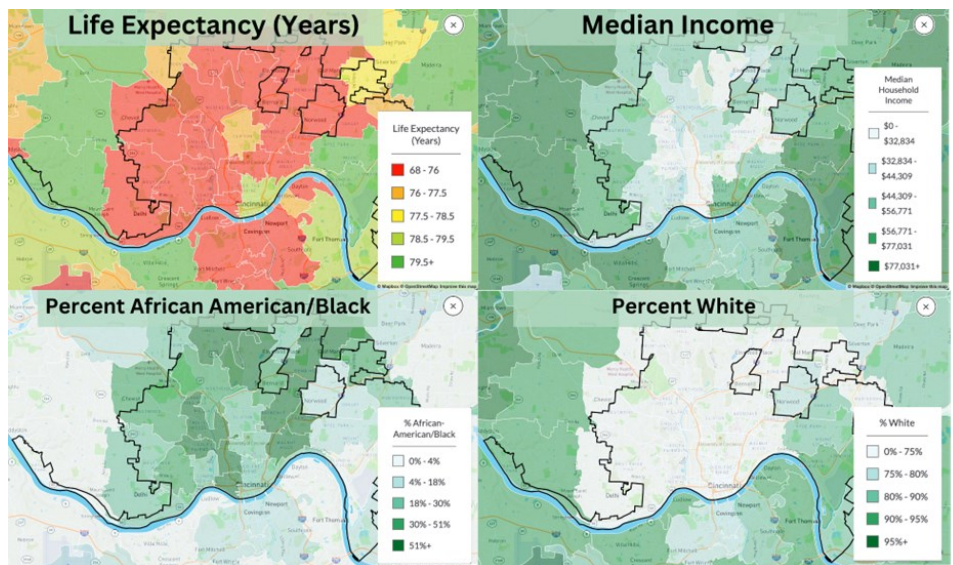
You tell me your zip code, and I can tell you how healthy you are

As a preview, I’d like to offer this- today, a zip code is the most potent predictor of an individual’s health and well-being. This insight was a product of decades of work from Dr. Robert Bullard, the father of environmental justice. With it, Dr. Bullard encapsulates the impact of structural determinants, unintended consequences of policy decisions, and wide-reaching intersecting systems of oppression.

Here in Cincinnati, the lines dividing neighborhoods also segregate those who die young from those who live long. Though the drive between Walnut Hills and Mt. Lookout is less than 10 minutes, in 2015, the disparity in life expectancy was more than 16 years. Community members in Walnut Hills on average live 69.4 years and those in Mt. Lookout 85.8 years.

These disparities are not natural phenomena. They are consequences of our history. They are consequences of decisions made long ago and of those made recently. When health experts avoid engaging with these upstream factors, we are working with an incomplete toolkit. And when we limit our involvement to clinical spaces, avoiding the policy arena, we are fighting for health with an incomplete arsenal.

I hope this will inspire you to get involved and stay involved. Showing up outside of the clinic can be more impactful than anything you can do in the medical record.



DISSEMINATION

Posters and Presentations

Mount H, Pallerla H, Knapke JM. Pipeline innovations: tracking interactions across an FM department. Family Medicine Education Consortium, Providence RI, October 2023. (Presentation)

Stryker SD, Madzia JL, Pickle S, Dubey I, Dion G, McKenna VS. Vocal Congruence and Safety: the Medical Necessity of Gender-affirming Vocal Therapy. Oral Abstract presentation at USPATH Scientific Symposium. Denver. November 2023.

Sullivan E, Stryker SD, Forgie M, Spielvogel R, Nixon R, Sabb D. Filling the Gap: Medical Educators Collaborate to Improve Access to Training in Gender Affirming Primary Care. Oral Abstract presentation at USPATH Scientific Symposium. Denver. November 2023.

Martinez AE, Stryker SD, Yokoyama J, Madzia JL, Sosa DM, Hartlage CS, Makkad H, Schumacher M, Xu CT, Kelly E, Patel RD, Roy S, Conway A, Haraburda J, Whitton S, Pickle S. Education on Trans-Inclusive Chest Cancer Screening Practices for Imaging Professionals. Oral Abstract presentation at USPATH Scientific Symposium. Denver. November 2023.

Rosado A, O'Dea C, Greenwood MK, Stryker SD. Management of Type 2 Diabetes in a Resource Limited Setting: A Contextualized Protocol. Poster presentation at the AAFP Global health Summit. Chicago. October 2023.

Stryker SD, Yokoyama J, Madzia J, Hettesheimer L, Baker-Rogers B, Lu E, Yockey RA, Pickle S. Implementation of a Cervical Cancer Screening Program in an SGM-Serving Community Health Center: Lessons Learned. Poster session in the Science of Cancer Health Equity in Sexual & Gender Minority Communities Conference. New York. October 2023.

Stryker SD, Madzia J, Yokoyama J, Baker-Rogers B, Lu E, Hettesheimer L, Yockey RA, Pickle S. Preferences for Cervical Cancer Screening Method Among Patients of an SGM-Serving Community Health Center in the Midwest. Poster session in the Science of Cancer Health Equity in Sexual & Gender Minority Communities Conference. New York. Won best poster. October 2023.

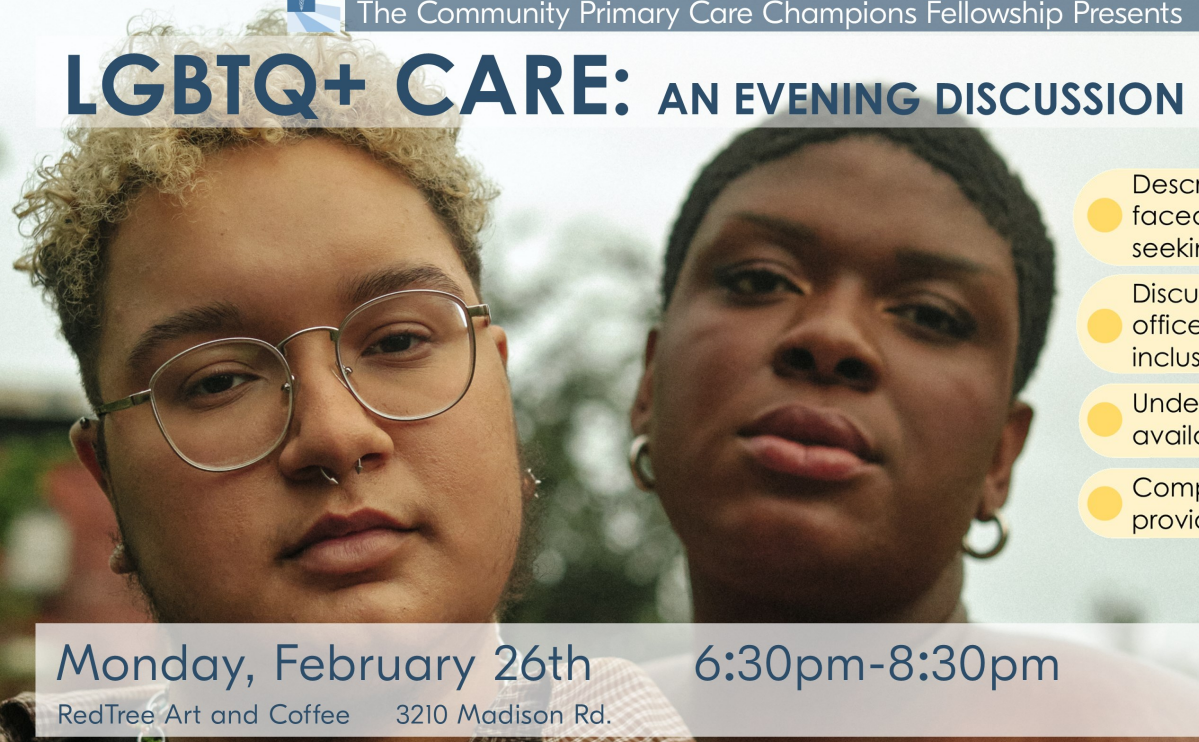
McKenna VS, Madzia JL, Stryker SD, Pickle S & Bamford LM. A survey study of vocal congruence in gender-diverse individuals who received professional vs. self-trained voice therapy. Poster presentation at Fall Voice, Conference. Washington, D.C. October 2023.

Hartlage CS, Martinez AE, Sosa DM, Makkad H, Schumacher M, Xu CT, Kelly E, Patel RD, Roy S, Conway A, Haraburda J, Yokoyama J, Madzia JL, Stryker SD. Trans-Inclusive Chest Cancer Screening: A Pilot Training for Imaging Professionals. Poster session at the GLMA Annual Conference on LGBTQ+ Health. Virtual. September 2023.



The Community Primary Care Champions Fellowship Presents

LGBTQ+ CARE: AN EVENING DISCUSSION



Describe barriers to care faced by LGBTQ+ individuals seeking healthcare

Discuss ways that providers & offices can promote safety & inclusion of LGBTQ+ patients

Understand local resources available for LGBTQ+ health

Complimentary dinner provided to all

Monday, February 26th

6:30pm-8:30pm

RedTree Art and Coffee 3210 Madison Rd.



RSVP IS REQUIRED

DINNER IS PROVIDED

Contact Daniel Hargraves for more information: daniel.hargraves@uc.edu

[Reserve Your Spot Now!](#)

Research Directory

(513) 558-1430
<http://www.familymedicine.uc.edu/research>

Faculty



Soni Regan, PhD: Assistant Professor,
Director of Research Division
saundra.regan@uc.edu

Geriatrics, palliative care, underserved



Jackie Knapke, PhD:
Assistant Professor
jackie.knapke@uc.edu

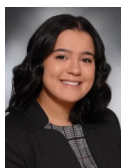
Higher education policy, evaluation,
curriculum development, qualitative &
mixed methods, team science



Shanna Stryker, MD, MPH:
Assistant Professor
Shanna.stryker@uc.edu

Health equity, Effects of trauma/stress on
health, Transgender health, Immigrant/
refugee health, Health systems innovation

Staff



Andi Christopher, MA:
Program Coordinator
anderson.christopher@uc.edu



Daniel Hargraves, MSW:
Principal Research Assistant
daniel.hargraves@uc.edu



Asia Harris, MPH:
Principal Research Assistant
asia.harris@uc.edu



Harini Pallerla, MS:
Principal Research Assistant
harini.pallerla@uc.edu



Mary Beth Vonder Meulen, RN:
Research Nurse
marybeth.vondermeulen@uc.edu

Dedicated full-time staff members with over 50 years of cumulative experience provide full project support from assisting in design and implementation to analysis and evaluation. The division offers expertise in:

- Project Management
- Data Management
- Grant Writing
- IRB Protocols
- Statistical Analysis
- Data Collection Methods
- Project Reports
- Manuscript Development, Writing and Editing
- Research Nurse
- Qualitative Research



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