

Research Division

WELCOME FROM THE DIRECTOR

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Members of the Research Division joined many current and past faculty, staff, and trainees for a celebration of the 50th Anniversary of the Department of Family and Community Medicine on November 2. It was an incredible evening of celebration and reflection, and two of our own division members were honored with awards: Mary Beth Vonder Meulen received the Staff Award of Excellence

and Dr. Shanna Stryker received the Research Excellence Award. Please enjoy the other updates that follow in this fall's division newsletter! And please reach out any time you have a research idea that we can help with, from grant submission to dissemination.

-Jackie Knapke, PhD
Interim Director of
DFCM Research Division

Research Division team members recognized at Department anniversary event

The Department of Family and Community Medicine celebrated its 50th anniversary over the weekend of November 1-2. As part of the event, faculty and staff members were recognized for their service and achievements during an awards ceremony.

Congratulations to Shanna Stryker, MD, MPH, on being recognized with the Research Excellence Award and to Mary Beth Vonder Meulen, RN, for winning the Staff Award of Excellence!

The Research Excellence Award is given to the individual who significantly contributes to research projects that advance inclusive excellence in family medicine and reduce healthcare disparities, and demonstrates a commitment to research service through mentorship and service on committees aimed at moving research forward locally, nationally, or internationally.

The Staff Award of Excellence is presented to the person who demonstrates outstanding performance, supports the department's mission of inclusive excellence in clinical, educational, or research activities and provides exceptional support to faculty, residents, students, and staff, contributing to a positive, inclusive, and collaborative work environment within and outside of the UC community.

The awards will become an annual event to further recognize the Department's work in the region and beyond by their faculty and staff!

For more information (and photos) on the anniversary event, please use the QR code or link to visit: <https://www.ucfamilymedicineanniversary.com/>



Shanna Stryker, MD, MPH recognized in Gallery of Awardees for new transgender curriculum program

Congratulations to Shanna Stryker, MD, MPH, who was awarded a 3-year grant from the National Library of Medicine to develop and implement an interprofessional graduate-level course entitled, “The HIGHER Academy: Healthcare Interprofessional Gender Health, Education and Research Academy for Gender Health Research Training .“

From the gallery: Transgender/gender expansive (TGGE) individuals are understudied, underrepresented, and underreported in health research, despite facing enormous gender inequities that affect morbidity and mortality. The Healthcare Interprofessional Gender Health, Education and Research (HIGHER) Academy will augment the workforce of researchers focusing on the health of TGGE individuals by creating an adaptable, reproducible, sustainable research course for interprofessional graduate students that is taught by TGGE individuals, cisgender women or minoritized men. A community-academic advisory board will be involved in the oversight and evaluation of this initiative, which will also solidify a community of practice among researchers at the University of Cincinnati that convenes around an annual TGGE Health symposium starting in 2025.

The first cohort of HIGHER Academy scholars will be announced at the Annual Symposium in Spring 2025.

The leadership team also includes Research Division members Jackie Knapke, PhD, who will be leading evaluation of the program, and Daniel Hargraves, MSW, who will serve as project manager for the grant.



Research Division receives regional recognition

Congratulations to Research Division team members Sandra Regan, PhD, and Mary Beth Vonder Meulen, RN, who were recognized by the Center for Clinical & Translational Science (CCTST) with the Practice-Based Research Award for their work with the Cincinnati Area Research Group (CARinG) Network on November 6, 2024!



WELLNESS CORNER More Benefits of Music

By Mary Beth Vonder Meulen, RN

In 1697, playwright William Congreve wrote, “Music has charms to soothe a savage breast, to soften rocks or bend a knotted oak.” Modern research appears to agree with him.

Experiments with music as therapy have been conducted since the 1800s. It is now being investigated as a non-pharmacologic intervention for relieving symptoms of anxiety and depression in those with and without dementia. Spending 30-minutes listening to music has been shown to decrease levels of anxiety, depression, and stress.

Offering those with dementia the opportunity to listen to their favorite music may heighten the positive effects of music therapy. Listening to a personalized music playlist led to mood improvement and a significant decrease in negative behavioral and psychological symptoms associated with dementia.

Why not prepare your own unique playlist with songs and music that have brought meaning to your life? Curate your list and listen to the music that evokes happy memories and positive emotions for the future.

References

- ◆ Salihu D, Chutiyami M, Bello UM, Sulaiman SK, Dawa KK, Hepworth A, Adeleye KK, Alruwaili MM. A meta-review of systematic reviews on the effectiveness of music therapy on depression, stress, anxiety, and cognitive function in adults with dementia or cognitive impairment. *Geriatr Nurs*. 2024 Oct 9;60:348-360. doi: 10.1016/j.gerinurse.2024.09.014. Epub ahead of print. PMID: 39388962.
- ◆ Paraskevopoulos N. Personalized Music Playlists and Headphones in People with Dementia: A Literature Review. *Adv Exp Med Biol*. 2023;1425:665-666. doi: 10.1007/978-3-031-31986-0_65. PMID: 37581840.
- ◆ <https://www.playlistforlife.org.uk/>

Posters and Presentations

DISSEMINATION

- Stryker SD**, Martinez A, Yokoyama J, Madzia J, Whitton S, Brown A, Pickle S. Breast/Chest Cancer Screening and Risk Reduction for All Genders: Developing a Survey. Lightning Talk at the Science of Cancer Health Equity in SGM Communities Summit, Rochester, NY. October 2024.
- McKenna VS, Wilkens ME, Patel R, **Stryker SD**, Pickle S, Gustin RL & Dion GR. Tracking Laryngeal Physiology over Vocal Feminization Therapy Using Aerodynamics and High-speed Videoendoscopy. Poster presentation at Fall Voice Conference. Phoenix, AZ. October 2024.
- Stryker SD**, Yokoyama J, Madzia J, Hetteshheimer L, Iyanobor E, Baker-Rogers B, Lu E, Pickle S. Inclusive Cervical Cancer Screening for all Genders: An Implementation Science-Guided Discussion of Successes and Challenges. Oral presentation at the World Professional Association for Transgender Health International Scientific Symposium. Lisbon, Portugal. September 2024.

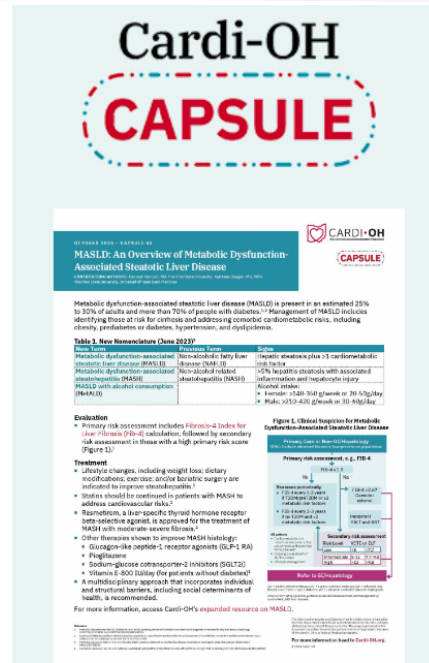
Pearls for Clinical Practice

Capsule 48 - MASLD: An Overview of Metabolic Dysfunction-Associated Steatotic Liver Disease

Did You Know?

Nonalcoholic fatty liver disease (NAFLD) is now called metabolic dysfunction-associated steatotic liver disease (MASLD).

Capsules provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

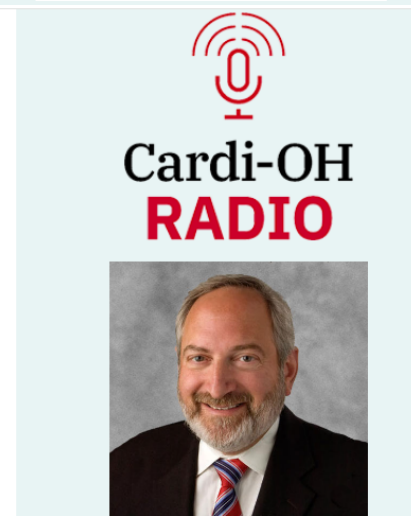


Tune in to Cardi-OH Radio

Podcast 49 - Understanding the Link Between Migraine and Cardiovascular Disease

Listen to Glen Solomon, MD, from Wright State University.

Cardi-OH Radio podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.



Download Cardi-OH's NEW! Web App

- Access Cardi-OH's library of cardiovascular and diabetes care resources.
- Bookmark your favorites.
- Share best practices with colleagues.



Get Web App →

STATEWIDE WEBINAR - REGISTER NOW!

Wednesday, December 4, 2024 | 12-1 p.m. ET

Primary and Secondary Prevention of Cardiovascular Disease in Women

**KEYNOTE SPEAKER****Leslie Cho, MD**

Professor, Cleveland Clinic Lerner College of Medicine
Case Western Reserve University
Vice Chair, Heart, Vascular and Thoracic Institute
Director, Women's Cardiovascular Center
Cleveland Clinic

OBJECTIVES

- Identify cardiovascular risk considerations unique to women.
- Provide evidence-based patient education on the prevention and risk management of cardiovascular disease.
- Screen and treat cardiovascular disease risk factors in women.

1.0 CME credit offered at no cost.

ADVANCE REGISTRATION REQUIRED

Or visit [Cardi-OH.org/webinars/register](https://cardi-oh.org/webinars/register)
After registering, you will receive a confirmation email with information about joining the webinar and a calendar invitation.

To join the webinar in progress, head to <https://cwrw.zoom.us/j/92880401266?pwd=MWO3jrXVFVFG95GNVymMngJYIEZDi.1>

ABOUT CARDI-OH: The Ohio Cardiovascular and Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

QUESTIONS? If you have any questions or need assistance with registration please contact the Cardi-OH Team at info@cardi-oh.org.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Ohio State Medical Association (OSMA) and The MetroHealth System. The Ohio State Medical Association (OSMA) is accredited by the ACCME to provide continuing medical education for physicians. The MetroHealth System designates this educational activity for a maximum of 1.00 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Other Healthcare Professionals: check with your professional association as these credits might be applicable for hours towards licensure renewal.

In partnership with

Research Directory

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<http://www.familymedicine.uc.edu/research>

Faculty



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



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Geriatrics, palliative care, underserved populations, qualitative research



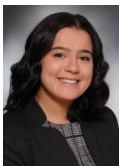
Shanna Stryker, MD, MPH

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

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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



<https://www.facebook.com/ucfamilymed/>