

Research Division

WELCOME FROM THE DIRECTOR

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It has been a busy and productive fall semester so far! The Research Division has been busy carrying out active grant projects, kicking off new grants, teaching and mentoring a variety of trainees, conducting a national search for a vice chair of research, and participating in the department's strategic planning initiative. Our two quality improvement grants are entering their final dissemination phases, and our training grant awards are imparting critical

knowledge and skills to research trainees. In addition to celebrating the members of our division who recently won departmental awards, we also celebrate the renewal of the federal grant that funds the CCTST – so much to be thankful for as we head into the holiday season!

-Jackie Knapke, PhD
Interim Director of
DFCM Research Division

Research Division team members recognized at annual Department awards

The Department of Family & Community Medicine issued their second annual awards to faculty and staff at the State of the Department event on October 14, 2025.

Congratulations to our Research Division team members for their recognition this year!

The Research Division is privileged to work alongside of each of these award winners! Thank you for all you do for the Division, the Department, and our communities!



Service & Community
Engagement Award:
Shanna Stryker, MD, MPH



Staff Award of
Excellence:
Harini Pallerla, MS



Research Excellence
Award: Saundra "Soni"
Regan, PhD



2026 CINCINNATI SEXUAL AND REPRODUCTIVE HEALTH RESEARCH SYMPOSIUM

SAVE
THE
DATE

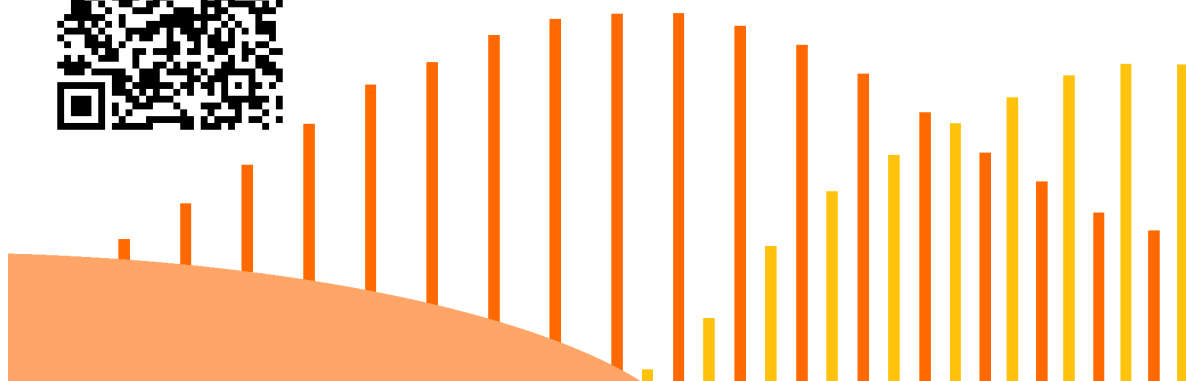
SATURDAY

MARCH 14
2026

CALL FOR ABSTRACTS (COMPLETED OR
ONGOING PROJECTS) COMING IN JANUARY

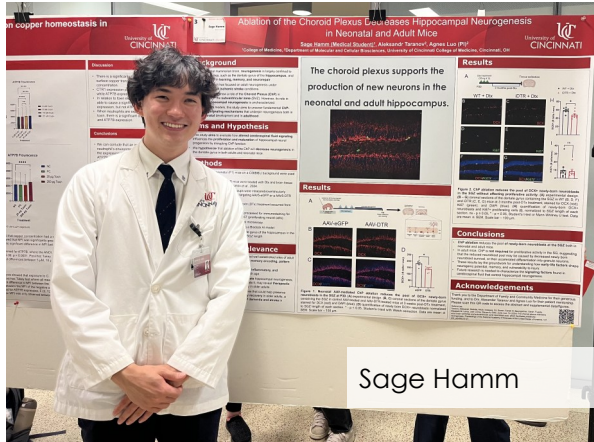


PRE-REGISTER NOW AT: <https://redcap.link/irisacademysymposium2026>

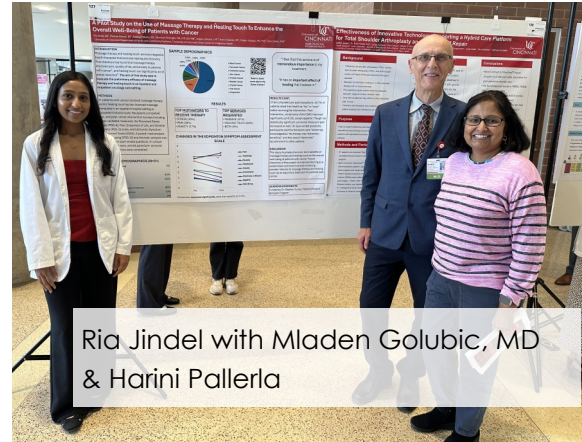


Students from Summer Research Division fellowship present projects at College of Medicine Symposium

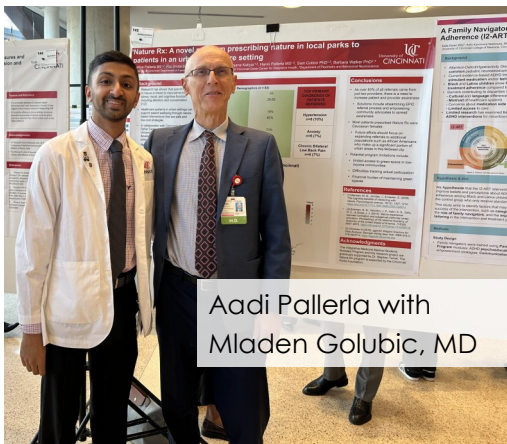
The seven students who participated in the Research Division summer experience had the opportunity to present their collaborative work completed with their mentors at the 15th Annual Research & Service Symposium on November 5, 2025. Thank you again for all your wonderful work!



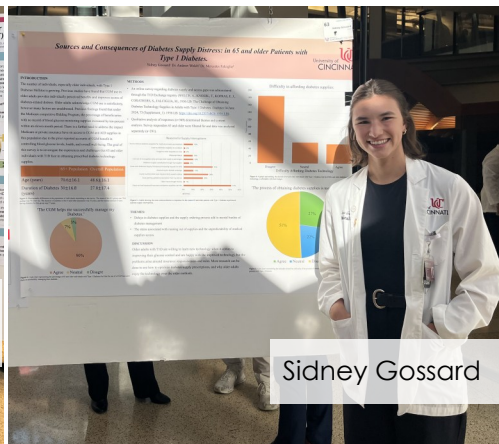
Sage Hamm



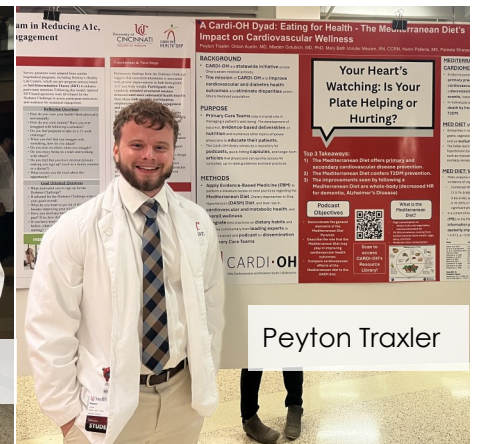
Ria Jindel with Mladen Golubic, MD & Harini Pallerla



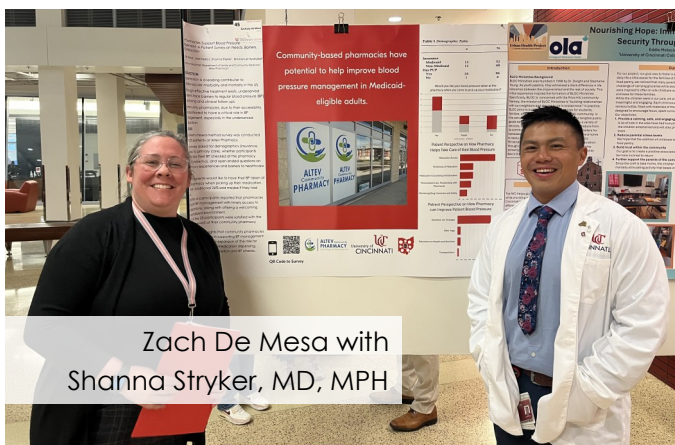
Aadi Pallerla with Mladen Golubic, MD



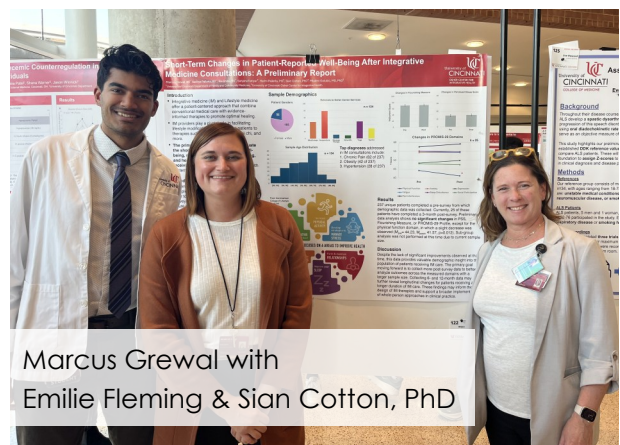
Sidney Gossard



Peyton Traxler



Zach De Mesa with Shanna Stryker, MD, MPH



Marcus Grewal with Emilie Fleming & Sian Cotton, PhD

Cardi-OH CURRENT

News You Can Use

Current 54 - 4:3 Intermittent Fasting More Effective Than Caloric Restriction for Weight Loss

Currents provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.

Cardi-OH WEBINAR



February 2026 Webinar: Save the Date!

From Prescription to Practice: Tackling Adherence Challenges in Clinical Care

**Wednesday, February 25, 2026
12-1 p.m. ET**

CCTST awarded funding to continue partnership in translational science

The Center for Clinical & Translational Science & Training (CCTST) was recently awarded a \$37 million grant to continue the partnership between the UC College of Medicine and Cincinnati Children's Hospital Medical Center in advancing translational science regionally and beyond. The award comes from both the National Center for Advancing Translational Sciences and institutional support to, "accelerate the discovery, dissemination, and implementation of innovative research that improves health across the lifespan."

The program aims to continuously improve the conduct of research and develop partnerships among researchers and communities for more effective reach and impact.

Research Division team members Saundra "Soni" Regan, PhD, Andi Christopher, MA, and Harini Pallerla, MS, will be contributing to a community engagement module. Jackie Knapke, PhD, will be co-directing the workforce development module.

Congratulations on continuing this critical resource for research in the region!

DISSEMINATION

Publications

Giraud C, Besaw J-H, **Stryker SD**, Devlin E, Whitton SW. (2025). Partner Support During Medical Gender Transitions: A Thematic Analysis. Accepted by Family Process

Knapke JM, Peter J, Pancioli A, Maus A, Brown D, Hoagland-Scarfpin V, Carey K, Scarfpin T, Menon A. Evaluation of the impact of a "health care exploration through patient care" course series on undergraduate students. Accepted by Medical Science Educator, October 5, 2025.

Magazine Article. O'Dea C, **Stryker SD**, Bernheisel C, Collins D, Kiesler J. Academic Family Medicine in the Community: How Partnerships Between Academic Departments of Family Medicine and Community Health Centers Benefit All. Ohio Family Physician magazine. Fall 2025, Volume 78, Number 3, ISSN 1536-0474.

Presentations

Giraud C, Hardy-Besaw J, **Stryker SD**, Devlin E, Whitton SW. Romantic Support During Medical Transition: A Thematic Analysis. [Poster Presentation]. U.S. Professional Association for Transgender Health. Santa Ana Pueblo, NM. September 2025.

Giraud C, Hardy-Besaw J, **Stryker SD**, Devlin E, Whitton SW. Partners' Inter- and Intrapersonal Changes During a Medical Gender Transition. [Poster Presentation]. American Psychological Association. Denver, CO. August 2025.

Fujimura R, **Stryker SD**, Odea C. Longitudinal Global Health Education: The importance and benefit of global health experiences throughout stages of medical training. AAFP Global Health Summit. Anaheim, CA. October 4, 2025.

STATEWIDE WEBINAR - REGISTER NOW!**Wednesday, December 3, 2025 | 12-1 p.m. ET**

Think Well, Live Well: Brain Health Through a Holistic Lens

**KEYNOTE SPEAKER****Robert B. Saper, MD, MPH**

Professor, Cleveland Clinic Lerner College of Medicine
Case Western Reserve University

Chair, Department of Wellness and Preventive Medicine
Cleveland Clinic

OBJECTIVES

- Understand the impact of lifestyle and behaviors on cognitive wellness
- Identify modifiable risk factors for decline in cognitive function
- Counsel on key lifestyle interventions for the prevention of cognitive decline and protection of brain health

CME credit offered at no cost.

ADVANCED REGISTRATION REQUIRED

Or visit Cardi-OH.org/webinars/register
After registering, you will receive a confirmation email with information about joining the webinar and a calendar invitation.

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.

The MetroHealth System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians. The MetroHealth System designates this educational activity for AMA PRA Category 1 Credit(s)™, the number of credits pending. 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



Tune in to Cardi-OH Radio

Podcast 60 - Understanding the Relationship Between Oral Health and Systemic Health

Listen to Yi-Chu Wu, DDS, MS, from The Ohio State University.

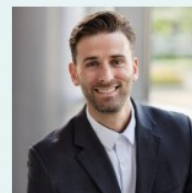
Moderated by Lauri Nandyal, MD, University of Cincinnati.

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

Want to be the first to know when a podcast is released? [Subscribe to our channel.](#)



Jennifer Lorenz, DNP, MHA,
MA, RN



Tom Herrmann, MHA

Podcast 61 - Why Patient Experience Matters

Listen to Tom Herrmann, MHA, of The Ohio State University Wexner Medical Center, and Jennifer Lorenz, DNP, MHA, MA, RN, of University Hospitals.

Moderated by Ashley Sneed, NP, The Ohio State University.



CARDI-OH
Ohio Cardiovascular and Diabetes Health Collaborative



Pearls for Clinical Practice

Capsule 59 - Simplified Prescription of Diabetes Technology and Medications

Did You Know?

The Ohio Department of Medicaid recently revised its Preferred Diabetic Supply List, based on the American Diabetes Association's updated Standards of Care.

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

Promoting Nutrition Literacy in Primary Care

Nutrition literacy refers to the ability to understand how food choices affect health, interpret nutrition labels to make healthier decisions, and apply that knowledge to make informed dietary choices.¹ It is a vital component of health literacy and is especially important because six of the ten leading causes of death in the U.S. can be prevented by maintaining a healthy diet.² However, nearly half of all U.S. adults struggle to understand and use common health information.³

Primary care teams can play a key role in educating patients about the positive impact of healthy food and lifestyle choices on overall health and the prevention of chronic illnesses. The following resources can help identify patients with low health and/or nutrition literacy and provide guidance for patient interactions.

Health Literacy Screening Tools and Resources

• **Rapid Estimate of Adult Literacy in Medicine (REALM-SF):** A brief, seven-word test that checks health literacy by assessing a patient's ability to recognize health-related terms.



Capsule 60 - Promoting Nutrition Literacy in Primary Care

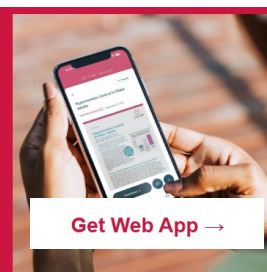
Did You Know?

Nearly half of U.S. adults struggle to understand and use common health information.



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 →](#)

Research Directory

(513) 558-1430

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

Faculty



Jackie Knapke, PhD

Assistant Professor

Interim Director of the Research Division

jackie.knapke@uc.edu

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



Soni Regan, PhD

Assistant Professor

saundra.regan@uc.edu

Geriatrics, palliative care, underserved populations, qualitative research



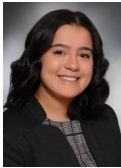
Shanna Stryker, MD, MPH

Assistant Professor

Shanna.stryker@uc.edu

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

Staff



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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



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