

Research Division

WELCOME FROM THE DIRECTOR

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Hello and welcome to the Spring 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

Research Division team members attend consortium to strengthen research and training opportunities

In April, Drs. Stryker, Pickle, and Knapke attended the inaugural LGBTQ+ Fellowship Consortium meeting sponsored by the American Medical Association Foundation. Their travel was partly sponsored by a faculty development award from UC's Office of the Provost. The meeting was hosted by Mount Sinai with representatives from all other existing LGBTQ+ fellowship programs around the country: the University of Wisconsin-Madison, Harvard Medical School-Fenway Health, Vanderbilt University Medical Center, Mount Sinai, and UCLA. As the newest fellowship to join this consortium, Drs. Pickle, Stryker, and Knapke gave a presentation introducing UC's Sawyer Pardo Fellowship for LGBTQ+ Health.

The two-day program consisted of several informative and interactive components. Current fellows from around the country shared their fellowship experiences via scholarly presentations. Three plenary sessions addressed critical issues affecting individuals in the LGBTQ+ community and those who provide care for them, such as substance use, health equity in rural settings, and the evolving legal and political landscape. Breakout sessions to review and develop milestones were an important component, as well as several workshops addressing clinical topics such as cancer screenings, hormone utilization, and the clinical implications of ongoing legal and political opposition to providing gender-affirming care in some parts of the country.

The UC team went into the meeting with several goals: contributing to the development of milestones that can be integrated into fellowship training, identifying shared evaluation metrics that can be measured across fellowship programs, laying groundwork for collaborative teaching and peer teaching opportunities, and garnering interest in developing collaborative research opportunities for future work. Many of these goals were met, and connections were made with individuals at all existing programs to continue the conversation. The fellowship consortium meeting occurred at an ideal time as the Sawyer Pardo Fellowship for LGBTQ+ Health welcomes its first fellow this summer!

Learn more about the Sawyer Pardo Fellowship for LGBTQ+ Health:
<https://www.lgbtqfellowship.com/>



L-R: Stryker, Pickle, Knapke



Join us November 2, 2024

TO CELEBRATE 50 YEARS OF THE UNIVERSITY OF CINCINNATI DEPARTMENT OF FAMILY AND COMMUNITY MEDICINE

50 Years Past, 50 Years Forward: Celebrating the
Power of Family Medicine in Community

- CME Event
- Dinner + Reception
- More information to come



Visit the celebration website to reserve your room at the Graduate Hotel and for further details on this once in a lifetime event!

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

Join our [University of Cincinnati Department of Family and Community Medicine Facebook page](#) to learn about all the wonderful work done by our divisions and for a journey back through 50 years of department history makers and moments!



WELLNESS CORNER

The Moon and Medicine

By Mary Beth Vonder Meulen, RN

Forty percent of health professionals believe that the lunar cycle affects human health. They feel their experiences support a correlation between the lunar phase and occurrences such as births, ER visits, psychiatric crises, and critical care admissions. Some theorize that our bodies are affected by tidal pulls, atmospheric pressure, or other cyclical occurrences.

Multiple published studies have assessed hospital admissions, ER visits, births, behavioral and mental health, and other medical conditions but have not identified a relationship between moon phases and these healthcare situations.

Despite this lack of documented relationship, the belief in the lunar effect is prevalent worldwide and the possibility cannot be completely denied. The moon's phases are known to influence natural phenomena such as tides and the physiological processes of some insects. Although some studies have found an association between sleep and lunar cycles, others have not.

While scientists continue to study how the moon influences human physiological and psychological systems, it remains a popularly held belief among healthcare professionals.

References:

Healthline. 08.26.2022

How Does a Full Moon Affect our Physical and Mental Well-Being

Rebecca Joy Stanborough

Emerg Med Australas. 2021 Apr;33(2):250-254.

Lunacy in a tertiary emergency department: A 3-year cohort study of the association between moon cycles and occupational violence and aggression

Timothy Yeung, Gerard O'Reilly, Biswadev Mitra, Alexander Olausson

Postepy Hig Med Dosw. 2006;60:1-7.

The lunar cycle: effects on human and animal behavior and physiology

Michał Zimecki

STATEWIDE WEBINAR - REGISTER NOW!



Wednesday, May 22, 2024 | 12-1 p.m. ET

Social Determinants of Health: Implementing Screening and Taking Action



KEYNOTE SPEAKER

Rachel Gold, PhD, MPH

Senior Investigator, Kaiser Permanente Center for Health Research
Director of Implementation Science Programs, OCHIN

OBJECTIVES

- Understand barriers and facilitators to the implementation of screening for and making referrals to address social determinants of health in primary care settings.
- Learn about current evidence on strategies for decreasing the health impacts of social risk.

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://cwr.u.zoom.us/j/93914465243?pwd=N0ZJN0h0NGh1Q0JmNFNMK1hNQ3BUdz09>

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 provider ship 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 Credit(s)™. 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



DISSEMINATION

Posters and Presentations

- Knapke JM, Hargraves D, Ryan PH.** Empowering Communities to Drive Change: The RISE Communities Air Sensor Program. Midwest Regional Sustainability Summit 2024. Cincinnati, OH, May 2024. (Panel Presentation)
- Ryan PH, **Knapke JM, Hargraves D.** Training academic-community research teams to utilize low-cost air sensors in environmental justice communities: The RISE Communities R25 program. Air Sensors International Conference, Riverside, California. May 2024. (Poster)
- Knapke JM, Hargraves D, Ryan PH.** Fostering academic-community research teams to conduct community-engaged research in environmental justice communities: The RISE Communities R25 program. Translational Science Annual Meeting, Las Vegas NV, April 2024. (Poster)
- McKenna VS, Wilkens ME, **Stryker SD**, Gustin RL, Pickle S, & Madzia J. Voice and non-voice related quality of life outcomes over gender-affirming voice therapy. [Poster presentation]. Voice Foundation. Philadelphia. May 2024
- Wilkens ME, Gustin R, Dion G, Patel R, **Stryker S**, Pickle S, & McKenna VS. Quantitative voice outcomes from vocal feminization surgery: A single case study with high-speed videoendoscopy and patient perspective. [Poster presentation]. Voice Foundation. Philadelphia. May 2024
- Stryker SD**, Martinez A, Yokoyama J, Madzia J, Whitton S, Brown A, Pickle S. Towards Improved Risk Reduction Counseling and Screening for Breast/Chest Cancer in All Genders: Creating a New Tool. [Poster presentation]. UC Cancer Center Annual Retreat. Cincinnati. April 2024
- Iyanobor E, Yokoyama J, **Stryker SD.** Catalyzing Equitable Care: Equitas Health's Initiative to Advance Cervical Cancer Screenings and Provider Education. [Poster presentation]. UC Cancer Center Annual Retreat. Cincinnati. April 2024
- Gohil P, Fletcher B, Madzia J, **Stryker S**, Pickle S, Bamford L & McKenna VS. Transforming Voices: Exploring Access, Barriers, and Outcomes of Affirming Voice Therapy for Transgender and Gender-Diverse Individuals. Poster presentation in UC College of Allied Health Science Scholarly Showcase. Cincinnati, Ohio. Won Award for Outstanding Presentation of Research & Scholarship April 2024
- Martinez A, Yokoyama J, Madzia J, Whitton S, Brown A, Pickle S, **Stryker SD.** Risk Knows No Gender: Creating a Tool for People of All Genders to Assess Risk Factors for Breast/Chest Cancer. Poster presentation at Health Equity Day 2024, Cincinnati, OH.

Publications

- Sullivan EA, **Stryker SD**, Spielvogel R, Blaszczyk J, Ho T, Kiraly B, MacVane L, Nixon R, Sabb DM, Vinkatesan A, Rodriguez JE. (2024). Transgender Care is Family Medicine: A call to action. Family Medicine. Accepted.
- Dubey I, **Stryker SD**, Madzia JL, Pickle S, Dion GR, McKenna VS. (2024). Insurance coverage of gender-affirming laryngological services: An In-depth Analysis in a Midwestern U.S. State. Perspectives (SIG03). ePub, 1-22. https://doi.org/10.1044/2024_PERSP-23-00240
- Madzia JL, **Stryker SD**, Bamford LM, Pickle S, McKenna VS. (2024). Gender-Diverse Patients' Awareness and Utilization of Gender-Affirming Laryngological Services. Annals of Otolaryngology, Rhinology & Laryngology, online. <https://doi.org/10.1177/000348942412324>

Tune in to Cardi-OH Radio

Cardi-OH Radio 44 - Obesity and Weight Loss Management: Surgical Interventions, Part 2

Listen to Ryan Farrell, MD, from Case Western Reserve University, and Michael Holliday, MD, from University of Cincinnati.

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





Ryan Farrell, MD



Michael Holliday, MD

University developing Research Patient Advisory Council

The University of Cincinnati is establishing a new **Research Patient Advisory Council (RPAC)**. Together with the existing pediatric and community research councils, the UC RPAC will be a resource for researchers, patients, and community members.

UC RPAC Objectives:

- ◆ Improve research across the University
- ◆ Provide feedback to improve outcomes and participant experiences
- ◆ Build relationships of trust
- ◆ Establish improvement initiatives, inclusive of community
- ◆ Provide a formal referral system to those interested in research
- ◆ Provide a foundation to include patients, families, and communities in study design
- ◆ Humanize research at the institution and the surrounding communities

Researcher Basics

Researchers can present research plans and materials to the council for feedback. The council can provide patient and community input for researchers during the grant process, if required by the funder. The council will also collaborate with researchers across the institution to improve the study process.

Patient, Family and Community Participant Basics

The council will be comprised of a diverse group of 25-30 patients, family, and community members to be a voice in research. Participants will be adults or youth (11+ years), of varying gender identity, race, ethnicity, socioeconomic status, and lived experience. Both the research naive and those skeptical of research will be welcome.

Council members will engage with researchers to support their community's health goals and impact UC research to improve health outcomes.

The council will meet monthly on the 1st Wednesday of the month from 5:30pm – 7:00pm at a community location. A meal will be served, and members will be compensated for their time. Council members will also receive research ethics training.

Please help to recruit participants for the UC RPAC

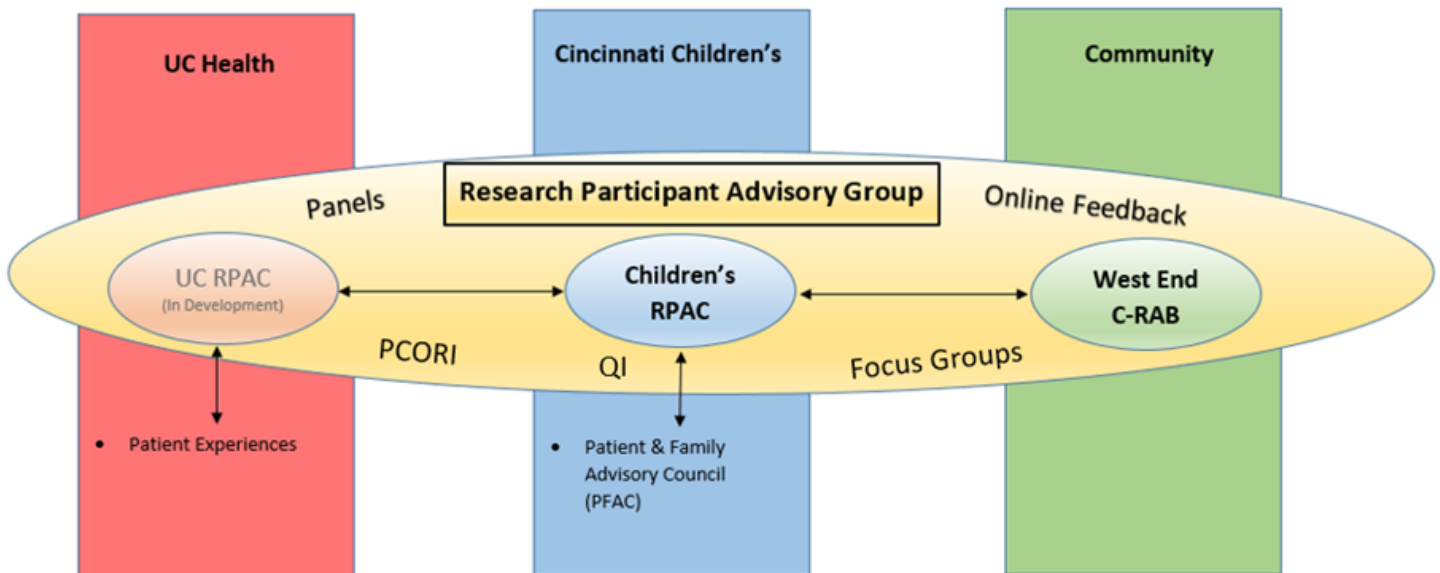
The next *UC RPAC Meet and Greet* will be held on May 22, 5:30-7:00 pm at the Community Action Agency (1740 Langdon Farm Road, Cincinnati, Ohio 45237). Researchers, patients, families, and community members are welcome to attend to learn more about the UC RPAC

For further information, contact Mo Kelly, UC RPAC Program Manager:

Maureen.Kelly@uc.edu Phone: 513-400-4064

Register at:

<https://forms.gle/rLsGR8VNpnRfB3G77>



Research Directory

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

Faculty



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Geriatrics, palliative care, underserved



Jackie Knapke, PhD:
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Higher education policy, evaluation,
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Shanna Stryker, MD, MPH:
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Health equity, Effects of trauma/stress on
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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/>