

WELCOME FROM THE DIRECTOR

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Please enjoy the spring edition of our division newsletter where we highlight two of our quality improvement grants that are focused on improving the cardiovascular health of Ohioans. The QI Hub is recruiting patients and caregivers to join their advisory council, and Cardi-OH offers several evidence-based

resources that may be helpful to primary care physicians. As always, 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

Quality Improvement Hub continues growth among Southwest Ohio's patients and providers

By Asia Harris, MPH, Project Manager of the Southwest Ohio QI Hub

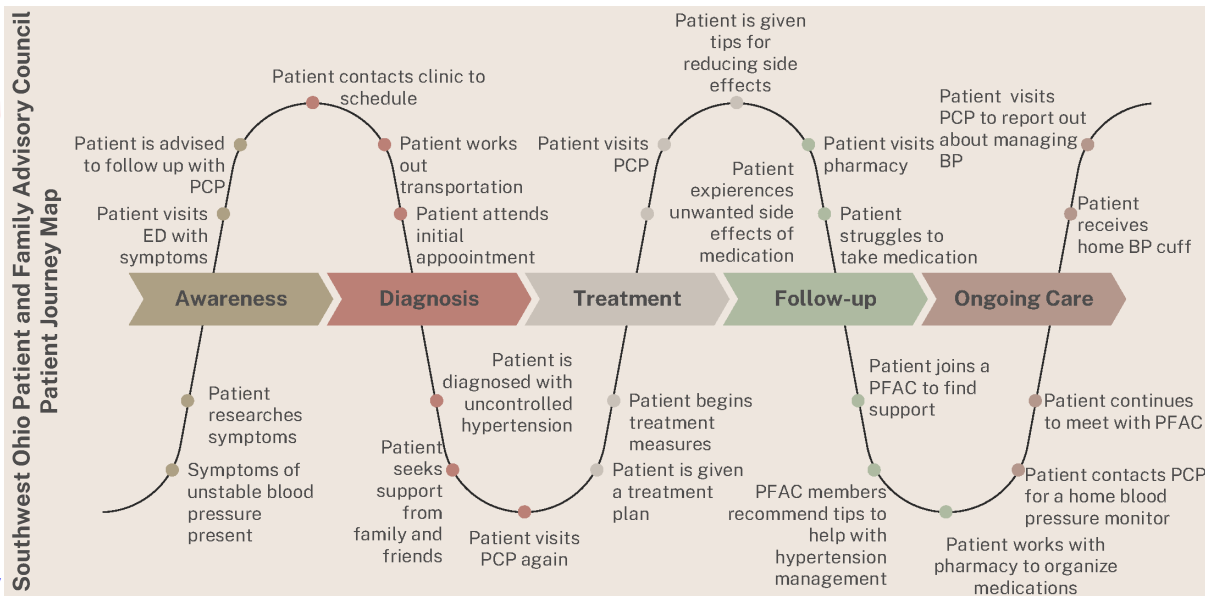
The Southwest Ohio QI Hub project is in its 3rd year. The project spans across the nine counties that make up Southwest Ohio. The purpose of this work is to reduce rates of uncontrolled hypertension in patients insured by Medicaid. Our approach includes training federally qualified health center teams to use quality improvement methodology to move the needle on hypertension. As a part of our work, we also engage with Managed Care Organizations such as Centene and Molina. To date we have engaged 22 sites, and we will begin recruiting for additional sites beginning in July 2025.

Our team also works with a dedicated group of Patient and Family Advisors. Our Patient and Family Advisory Group meets in a hybrid format. We have an average of 14 participants from the UC Health Hoxworth Clinic and NeighborHub Health Clinic. During our time together we have created a patient journey map, detailing patients' experience being diagnosed with and managing hypertension. This journey map has been presented to our Managed Care Organization partners. It has spurred the creation of a statewide group of stakeholders focused on addressing the issues getting patients home blood pressure monitors. Our patients also participated in a clinic GoSee, and provided valuable information to clinic staff about the space and patient experience. We are currently [recruiting for a second group of Patient and Family Advisors](#).



LEARN MORE

www.swohioqihub.com/



DISSEMINATION

Posters and Presentations

Norbu D, **Stryker SD**, Oshoe TS, Gyatso N, Yeshi T, Lhamo P, Shola T. Mental Health Perceptions and Barriers Among Tibetan Immigrant Communities in the United States: A Mixed-Methods Approach. [Poster presentation] Society for the Study of Psychiatry and Culture (SSPC) Annual Meeting, Albuquerque, NM.

Shari Bolen, Jordan Fiegl, **Soni Regan**, **Jackie Knapke**, et al. Major Findings of a Four-Year Statewide Primary Care Collaborative to Improve Cardiovascular Health. Presentation to AHRQ, Ohio Department of Medicaid, and project participants and receivers. December 6, 2024.

Jacqueline Knapke, PhD, Manpreet Kaur, Shari Bolen, Aleece Caron, Stephanie Kanuch, M.Ed, Jaden Koren, Sonal Patil, MD, Dr. Adam Perzynski, PhD and **Saundra Regan, PhD**. Moving Fast and Slow: Optimizing the Pace of Implementation. Presented at the 17th Annual Conference on the Science of Dissemination and Implementation: December 8-11, 2024, Arlington, VA

Knapke JM, Kaur M, Bolen S, Caron A, Kanuch S, Koren J, Patil S, Perzynski A, Regan S. Implementing Hypertension Quality Improvement in Primary Care: Factors that Promote Success. Academy Health, Dissemination and Implementation Conference, Arlington VA, December 2024. (Poster)

Stryker SD, Boot-Haury J. LGBTQ+ Mental Health and Trauma-Informed Care. American Medical Association Foundation LGBTQ+ Health Program. Virtual. January 14, 2025.

Publications

Knapke JM, Kues JR, Harris SK, Snyder DC, Freel S, **Pallerla H**, Fritter J, Mendell A, Jones CT. Development of a job satisfaction measure in clinical research professionals: A mixed methods approach. Journal of Clinical and Translational Science, February 2025. doi:10.1017/cts.2025.34

Stryker SD, Dubey I, Madzia JL, Pickle S, Dion GR, McKenna VS. (2025). Vocal Incongruence, Wellbeing, and Safety: The Medical Necessity of Gender-Affirming Vocal Therapy. Accepted International Journal of Transgender Health.

Stryker SD, Darling NP, Ceppi E, Medina Rodriguez L, Vaughn LM, Chinchilla K, Peralta J, Garcia H, Walter M, Huaman MA. (2025). Increasing Awareness About Tuberculosis Infection Screening in Latino Immigrants: A Community-Based Participatory Research Approach. Hispanic Health Care International, 0(0). <https://doi.org/10.1177/15404153251319442>

WELLNESS CORNER

Navigating the Pitfalls of Political Discussion

By Mary Beth Vonder Meulen, RN

Political polarization has surged in the United States, rapidly increasing in the past 25 years, with members of both parties holding unfavorable views of the opposing party. The acrimony and divisions between political groups has made it challenging to live together and to work to solve societal problems. What strategies will allow us to communicate and live together as neighbors?

Researchers at the University of Texas at Austin's Center for Media Engagement examined this issue, searching for practical solutions. Their findings revealed five main strategies:

- ◆ **Focus on the people, not the politics**
 - ◆ Build a relationship before talking politics
 - ◆ Don't take comments personally
 - ◆ Share your own relevant experiences
 - ◆ Give a relatable hypothetical situation
- ◆ **Find common ground**
 - ◆ Bond over less polarized issues
 - ◆ Be open to listening and understanding
 - ◆ Ask questions to understand a different viewpoint
 - ◆ Focus on shared beliefs
- ◆ **Stick to the facts and avoid confrontation**
 - ◆ Stick to information that can be verified
 - ◆ Back up your opinions with evidence
 - ◆ Limit emotion in discussion
 - ◆ Avoid confrontational language
- ◆ **Be an advocate rather than an opponent**
 - ◆ Adapt conversational style to audience
 - ◆ Avoid words that might upset people
- ◆ **Pick your battles**
 - ◆ Talk about local politics instead of national politics
 - ◆ Focus on policy instead of party
 - ◆ Avoid hot-button issues

The researchers also found that, in addition to the above strategies, those who were less polarized reported that they avoided political discussions altogether, and if they did discuss politics, they chose to "focus on the people, not the politics".

Perhaps we should look to Thomas Jefferson, who wrote in April 1800, "I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend."

Tune in to Cardi-OH Radio

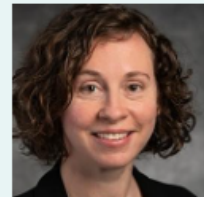
Podcast 55 - Using the Teach-Back Method to Improve Patient Understanding

Listen to Sonal Patil, MD, MPH, and Esther Thatcher, PhD, RN, from Case Western Reserve University.

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



Sonal Patil, MD, MPH



Esther Thatcher, PhD, RN



**Cardi-OH
RADIO**



Pearls for Clinical Practice

Capsule 54 - Management of Hypertriglyceridemia in Adults With ASCVD

Did You Know?

The first step in addressing hypertriglyceridemia is to identify and manage any underlying secondary causes.

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

Cardi-OH CAPSULE

Management of Hypertriglyceridemia in Adults With ASCVD

Diagnosis based on current that values of all individuals with cardiovascular disease (CVD) are to be revised. High levels of triglycerides (TG) are considered a risk factor for ASCVD. According to the 2013 American College of Cardiology (ACC) guideline, hypertriglyceridemia (HTG) is categorized as:

• Moderate: TG levels between 150 to 499 mg/dL

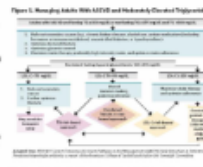
• Severe: TG levels ≥ 500 mg/dL or higher

Managing Elevated Triglycerides in ASCVD

According to an ACC guideline, the first step in managing adults with ASCVD and moderately elevated TG levels (Figure 1, key steps in HTG management) include:

• Before considering pharmacologic therapy for elevated TG, it is important to identify and address any secondary factors that may contribute to high TG levels, such as chronic kidney disease, alcohol use, certain medications, uncontrolled diabetes, or hypothyroidism.

• In addition to diet and lifestyle modifications, including limiting total and saturated fat intake, alcohol, and TG intake.



News You Can Use

Current 49 - Health-Related Social Needs Negatively Impact Cardiovascular Health in U.S. Adults

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

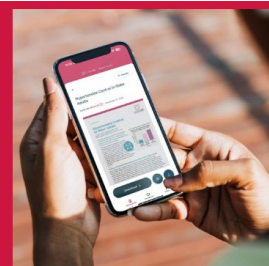
Cardi-OH CURRENT



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

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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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