

Research Division

WELCOME FROM THE DIRECTOR

In This Issue

1 Front Page News
2 Division Updates
3 Wellness Corner
3 Dissemination
4-5 Cardi-OH
Updates
5 Research Directory



In addition to the snow outside, the Research Division has been a blizzard of activity this winter! Of note, we submitted four collaborative grants in January with both internal and external partners, and we launched new recruitment seasons for our two training grants: the HIGHER Academy and RISE

Communities. Please enjoy the updates that follow in our 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

Shanna Stryker, MD MPH, Research Division team members lead first transgender research symposium

We are excited to announce the first annual Interprofessional Transgender Health Research Symposium to occur Saturday, March 8th, 8:00am-3pm!

The symposium will feature panel discussions on diversity within and varying needs of the transgender community and lived experience featuring members of the HIGHER Academy Community-Academic Advisory Board (CAAB). Guest speakers will also present research highlights in transgender health care. Additionally, the event will feature 10 minute flash abstract presentations of completed works and work-in-progress in the field.

[The event is FREE to attend, but registration is required.](#) A light breakfast and lunch are included. The symposium is part of the HIGHER Academy program, which will also announce the first cohort of scholars to join the program. The HIGHER Academy program is funded by a National Institutes of Health R25 grant (#R25LM014536).

The leadership team includes Research Division team members Shanna Stryker, MD MPH, as principal investigator; Jackie Knapke, PhD, as co-investigator; and Dan Hargraves, MSW as the program manager.

Feel free to contact Dan Hargraves with any questions:

daniel.hargraves@uc.edu

1ST ANNUAL UNIVERSITY OF CINCINNATI
**INTERPROFESSIONAL
TRANSGENDER HEALTH
RESEARCH
SYMPOSIUM**

**SATURDAY, MARCH 8, 2025
8:30AM-2:00PM**

FREE TO ATTEND	STUDENTS, RESEARCHERS, AND ALL HEALTH CARE PROFESSIONALS
SUBMIT AN ABSTRACT	BY FEBRUARY 15TH TO PRESENT YOUR COMPLETED OR WORK-IN-PROGRESS RESEARCH
APPLY TO ATTEND	BY FEBRUARY 20TH REQUIRED. MORE DETAILS TO FOLLOW TO ACCEPTED ATTENDEES

VIRTUAL ATTENDANCE
AVAILABLE FOR SOME SESSIONS
NO CEUs

LEARN MORE
SUBMIT AN ABSTRACT
APPLY TO ATTEND
[HIGHERACADEMY.ORG](https://higheracademy.org)



PRESENTED BY
**HIGHER
ACADEMY**



FOSTERING ACADEMIC-COMMUNITY PARTNERSHIPS FOR ENVIRONMENTAL JUSTICE

THE PROBLEM

Environmental Protection Agency standards for air pollution have not done enough to prevent **adverse health outcomes among communities**

Although more affordable, **technical challenges persist** for community use of air quality monitors

Despite collaborative efforts, researchers and the community **lack the time and process to effectively work together**

ONE POSSIBLE SOLUTION

Join the **Research Innovations using Sensor Technology in Environmental Justice (RISE) Communities Program**

FREE 3-day Training for community-academic partners in Cincinnati, Ohio, July 30-August 1, 2025

FREE Travel, Accommodations and Air Quality Monitors

Dedicated time to learn using monitors, team building and project development

Learn about how to use air quality data you collect to advocate for cleaner air in your community

As a team made up of an academic researcher and a community member, you become part of a community of practice by getting connected to other teams and experts

A partnership between:



**TO APPLY AND
LEARN MORE, VISIT:
ejsensors.com**

Factory photo: Chris LeBoutillier Partner photo: John Schnobrich Courtesy of Unsplash.com



DISSEMINATION

Posters and Presentations

Kiesler J, Hargraves D. Engaging Fourth-year Medical Students in a Yearlong Service and Advocacy Elective. Society of Teachers of Family Medicine Conference on Medical Student Education, San Antonio, TX. January 30-February 2, 2025. (Poster)

Lu E, Lee E, Madzia J, Pallerla H, Baas, W, Pickle, S. (2025). Community Perspectives in the Risk Acceptance of Gender Affirming Metoidioplasty and Phalloplasty. HIGHER Academy Interprofessional Transgender Health Research Symposium, Cincinnati, OH. [Oral Presentation].

MacVittie, K, Beucler, A, McGraw, M, Pallerla, H, Shewakramani, S, Freiermuth, C, Cotton, S. Impact of a Brief, Tailored Eight-Week Mindfulness Intervention for Emergency Department Personnel. 2025 International Congress on Integrative Medicine & Health; 2025; Seattle, WA, USA.

Publications

Rosenthal MT, Pallerla H. "Chinese Pulse Diagnosis in the Evaluation of the Acutely Hospitalized Adult Patient." *Medical Acupuncture*. 2024; In Press.

Title:

Engaging Fourth-year Medical Students in a Yearlong Service and Advocacy Elective

Joseph Kiesler, MD, Daniel Hargraves, MSW

INTRO

- Despite community engagement demonstrating lasting professional impact on medical students, reports show that training has not kept up to support this mission.
- The LCME states, "... the medical education program provides sufficient opportunities for, encourages, and supports medical student participation in service-learning and/or community service activities."
- An extended elective Service and Advocacy course for 4th year medical students was designed to provide an experience in community service and health via project partnership and education material.

METHODS

- Students in the course identify a community partner and develop a partnered project to present to peers and community.
- Students complete a total of 160 course hours, including education modules and reflection on advocacy as a physician, establishing community partnerships, ethics of free clinics, and community engaged scholarship.
- A pre and post course survey is administered to report attitude.

A service and advocacy extended elective is one way for students to engage with the community with an experience that may have a lasting impact on their career.

It's allowed me to get credits but also do something that I'm really passionate and care about, which I might not have had

RESULTS

Results From Selected Skills, Knowledge, and Attitude Pre-Post Course Assessment Items (n=17)

1=Strongly Agree
2= Agree
3= Disagree
4= Strongly Disagree

1. I have confidence in my ability to effectively communicate project ideas and outcomes to community partners and the community at large.

	Pre	Post
Mean	1.94	1.44
P-value	0.035	

2. I can describe the funding mechanisms of Federally Qualified Health Centers.

	Pre	Post
Mean	3.18	1.69
P-value	<0.001	

3. I can describe what distinguishes a federally qualified health center (FQHC) from an FQHC look-alike.

	Pre	Post
Mean	3.24	1.56
P-value	0.011	

4. I am confident in my ability to advocate at the organizational level.

	Pre	Post
Mean	2.35	1.43
P-value	0.002	

5. I am confident in my ability to advocate at the health

WELLNESS CORNER

March is National Reading Month

By Mary Beth Vonder Meulen, RN

The more that you read, the more things you will know. The more that you learn, the more places you'll go. — Dr. Seuss

National Reading Month is celebrated in March in honor of the birthday of Theodor Geisel, more commonly known as Dr Seuss. Its goal is to encourage reading and promote literacy through the lifespan.

Reading has benefits, no matter what your age. Health benefits include increased cognitive function, memory, vocabulary, empathy, and decreased levels of stress.¹

Promote literacy in children by reading daily but include other methods too. Turn on captions when watching a video or TV, to help to make a connection between spoken and written words. Children can read signs and notices while young children hunt for the letters of the alphabet.¹

Besides learning and pleasure, reading activity is associated with the delay of cognitive decline in older adults.² Even being read to is beneficial to individuals with dementia, providing cognitive stimulation, emotional comfort, and a sense of connection.³ During National Reading Month, read a new book, support your local library, and consider being part of an online literacy movement by posting about the books you are reading or are reading to others.

References

- ♦ www.rif.org
- ♦ Chang YH, Wu IC, Hsiung CA. Reading activity prevents long-term decline in cognitive function in older people: evidence from a 14-year longitudinal study. *Int Psychogeriatr*. 2021 Jan;33(1):63-74. doi: 10.1017/S1041610220000812. Epub 2020 Jun 5. PMID: 32498728; PMCID: PMC8482376.
- ♦ <https://www.reading2connect.com/>

Tune in to Cardi-OH Radio

Podcast 52 - Identifying and Treating Atypical Diabetes

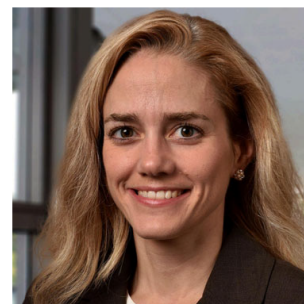
Listen to Kathleen Dungan, MD, MPH, from The Ohio State University.

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.**



Cardi-OH RADIO



Kathleen Dungan, MD, MPH

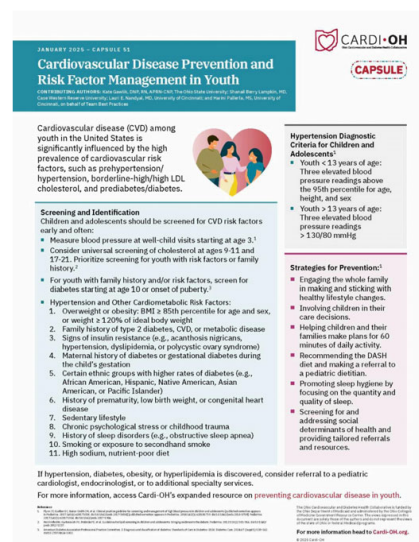
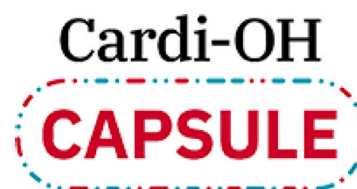
Pearls for Clinical Practice

Capsule 51 - Cardiovascular Disease Prevention and Risk Factor Management in Youth

Did You Know?

Blood pressure should be checked at well-child visits beginning at age 3.

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



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 →



QUALITY IMPROVEMENT Cardiovascular Series



Registration Now Open!
Cardi-OH.org/ECHO-QI/register

FACILITATORS:

Goutham Rao, MD, FAHA & Aleece Caron, PhD
Case Western Reserve University School of Medicine

DATES:

April 2025- May 2026
ECHO QI Clinics on the first Thursday of each month, 8-9 a.m.

Cardi-OH is recruiting seven Ohio primary care practices to participate in an innovative quality improvement (QI) initiative using the Project ECHO model.

How it Works

- Practices design, implement, and evaluate a QI project that addresses an important problem in cardiovascular disease prevention or management.
- Monthly 1-hour virtual ECHO clinics featuring didactic presentations led by subject matter experts, followed by a discussion of practices' progress in QI efforts.
- Monthly data submission followed by a 1-hour QI coaching session to review your practice's individual QI project.

Why Join

- Professional development and continued learning.
- Increased QI knowledge and support from a dedicated coach.
- Expanded knowledge network and collegiality with practices across the state.
- Improved patient care delivery.
- No-cost CME credits available and support for MOC.
- Participation stipend.



Founded in 2017, the mission of Cardi-OH is to improve cardiovascular and diabetes health outcomes and eliminate disparities in Ohio's Medicaid population. Visit Cardi-OH.org to learn more.

JANUARY 2025



**Register
Now!**

Questions?
ECHO-QI@Cardi-OH.org

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



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



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