

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

Cardi-OH collaborative releases catalog of free resources for Ohio providers

A statewide network of seven academic medical institutions, funded by the Ohio Department of Medicaid, was originally formed in 2017, with the goal of improving Cardiovascular Health Outcomes and eliminating disparities in Ohio's Medicaid population. The UC Department Of Family and Community Medicine continued its collaborative partnership this past year, led by institutional principal investigator and Research Division director Saundra "Soni" Regan, PhD. Fellow Research Division team member Mary Beth Vonder Meulen, RN serves as project manager for the UC team.

Physicians, Nurses, Pharmacists, and other Allied Healthcare Professionals make up Cardi-OH's Working Groups. Each year these Working Groups create and disseminate new evidence-based materials. These free materials are available at a public access website at <https://cardi-oh.org>. The Working Groups have completed all planned deliverables for 2022-2023 which are released monthly on the Cardi-OH website, Spotify, iTunes, and YouTube. The collaborative also shares these resources through [a monthly newsletter](#).

A recent release of added resources for Primary Care Providers include:

- ◆ [Good Sleep is Good Medicine: Addressing Sleep Health in Primary Care \(Podcast featuring Jennifer Molano, MD\)](#)
- ◆ [Addressing Unhealthy Alcohol Use: Strategies for Primary Care \(Podcast featuring Robert Bales, MD, and Trygve Dolber, MD\)](#)
- ◆ [Latent Autoimmune Diabetes in Adults: Diagnosis and Treatment \(Capsule- a brief summary for busy clinicians\)](#)
- ◆ [The Older Adults Frequently Undertreated for Hypertension \(Current-a brief summary with resources\)](#)

Ohio clinicians can register for a free webinar on Heart Health and the Science of Sleep featuring UC's own Jennifer Molano, MD (see page 3)



CARDI • OH
Ohio Cardiovascular and Diabetes Health Collaborative

Global Health Update: Water Filtration Project

In November of 2021 we began a project seeking to identify a practical, sustainable, and microbiologically efficacious form of in-home water filtration for a community in rural Guatemala. Infectious intestinal diseases and malnutrition, both often associated with lack of clean drinking water, are leading causes of death among Guatemalan children 5 years of age or less.



Prior studies have shown a reduction in familial report of childhood diarrhea after implementation of point-of-use water filters in impoverished communities around the world. We distributed 30 filters (half ceramic and half hollow-membrane fiber). The hollow-membrane fiber filters showed fecal coliforms in the filtered water, so these were replaced with ceramic filters. As of February 2023, 76% of filters were still in use and families have perceived an improvement in their children's health since using the filter.



Accurate filter maintenance is difficult to achieve despite ongoing, one-on-one education. Further data are needed to determine if ceramic filters maintain adequate filtration for their two-year lifespan, to identify factors contributing to filter contamination, to determine best practices for filter education, and to further assess the impact of filter use on child health.

WELLNESS CORNER

The Healthful Benefits of Reading By Mary Beth Vonder Meulen, RN

We have long known that reading to children increases their vocabulary, builds good communication skills, enhances self-esteem, and boosts school performance. There's now evidence that reading is beneficial to adult brains too.

By using MRI scans, researchers have found that reading increases brain activity, and, as your reading ability matures, the brain networks become stronger and more sophisticated. In addition, even 30 minutes of reading has been shown to lower BP and heart rate as effectively as yoga.

The National Institute on Aging recommends reading as a way to keep your mind engaged as you grow older. Reading fiction can lessen feelings of isolation that may accompany depression as it allows readers to temporarily escape by joining in the imagined experiences of the characters.

Once you decide to read, should you use print books vs digital books? An educational study looked at students who read both print and digital books to read. While students reported a preference for digital texts, they were able to recall key points and other relevant information when engaged with print. Educators recommend that readers do not solely rely on a device but also spend time with print books too.

What's the takeaway? The positive effects of reading appear to be cumulative, which means it is especially important to read to children. Even for adults, it is never too late to enjoy the many benefits to be found within the pages of a good book.

Source: *Healthline Wellness Newsletter*, 10.15.19; Author: Rebecca Joy Stanborough, MFA; Medical Reviewer: Heidi Moawad, MD

WEBINAR - REGISTER NOW!



Wednesday, May 24, 2023 | 12 - 1 p.m. ET

Heart Health and the Science of Sleep



KEYNOTE SPEAKER

Jennifer Molano, MD

Associate Professor

Neurology and Rehabilitation Medicine
University of Cincinnati College of Medicine

OBJECTIVES

- Identify the cardiovascular implications of sleep conditions
- Screen patients at risk for sleep conditions
- Counsel patients on how to optimize sleep health

1.0 CME credit offered at no cost.

ADVANCE REGISTRATION REQUIRED

[Click to Register →](#)

Or visit [Cardi-OH.org/webinars/register](https://www.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/97152604439?pwd=NmNYMi9LQzJhcDhEaDRHeGt4QUcvdz09>

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 (ACCM) 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.

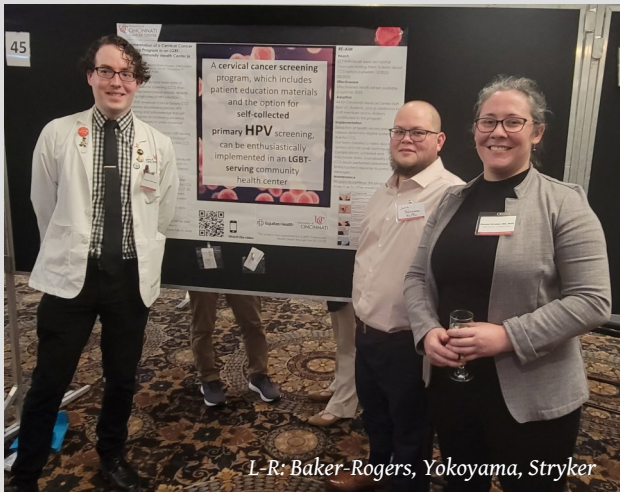
Other Healthcare Professionals: check with your professional association as these credits might be applicable for hours towards licensure renewal.

In partnership with:



DISSEMINATION

Posters and Presentations

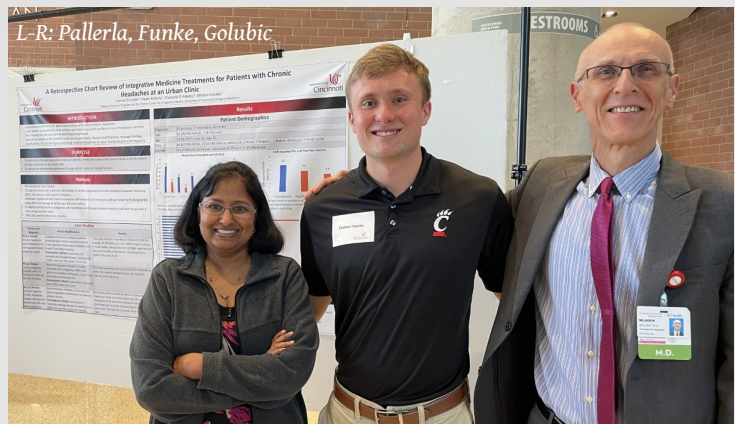


L-R: Baker-Rogers, Yokoyama, Stryker

Stryker SD, Baker-Rogers B, Madzia J, Hettesheimer L, Lu E, Yokoyama J, Yockey RA, Pickle S. Implementation of a Cervical Cancer Screening Program in an LGBT-Serving Community Health Center in Cincinnati. Poster presentation at the University of Cincinnati Cancer Center Annual Retreat. April 2023; Cincinnati, OH.

Warner D, Narendran N, Frankland M, Madzia J, Stryker SD, Pickle S. Evolution of a Transgender and Gender Diverse Curriculum in a Challenging Political Environment. Rapid-fire oral presentation at the Association for American Medical Colleges Central/Southern Groups on Student Affairs Regional Meeting. Kansas City, MO.

Bassette C, Hargraves D, Rich M, Stryker S. For Better or Worse? Qualitative Analysis of In-person vs Virtual Facilitated Discussion in a Faculty Development Fellowship. A peer-reviewed Oral Presentation. Society of Teachers in Family Medicine Annual Conference; 2023 April 29-May 3; Tampa, FL.



Rich M, Hargraves D, Cafferty P. Quality Improvement Curriculum Outcomes in an Interprofessional Faculty Development Fellowship. A Poster Presentation. Society of Teachers in Family Medicine Annual Conference; 2023 April 29-May 3; Tampa, FL.

Olulayole Adedeji, MS, Conner Funke, Harini Pallerla, MS, Mladen Golubic, MD, PhD. Integrative Medicine Modality Usage and Impact on Patients with Chronic Pain Conditions in an Urban Clinic Setting. A poster presentation at the 2023 Integrative Medicine and Health Symposium. 2023 February 28-March 2; Chicago, Illinois.



Publications

Vijapura C, Tobler J, Wahab R, Smith ML, Brown A, Pickle S, **Stryker SD**, Spalluto L. [Resident Attitudes and Experiences with a Novel Radiology-based Transgender Curriculum: A Qualitative Study](#). *Academic Radiology*. In Press

Stryker SD, Lubans-Otto A, Hu S, Chinchilla K, Povlinski J. Physician Activism: An Inter-Professional Partnership to Advocate for Immigrants and Refugees. *Ohio Family Physician magazine*. Spring 2023, Volume 75, Number 1, ISSN 1536-0474.

Stantliff TM, Houshel L, Goswami R, Millow S, Cook G, Knapmeyer R, Easton C, **Stryker SD**, Williams KM, Walter M, Mooney J, Huaman MA. (2023). The latent tuberculosis infection cascade of care during the COVID-19 pandemic response in a Mid-Sized US city. *Journal of Clinical Tuberculosis and Other Mycobacterial Diseases*, 31; 100367. <https://doi.org/10.1016/j.jctube.2023.100367>

Yockey RA, Cristol B, **Stryker SD**, Kline N. (2023). Typical sources and locations of marijuana among US young adults: Differences by sexual minority status. *Substance Use & Misuse*, 58(5), 704-708. <https://doi.org/10.1080/10826084.2023.2184204>

Research Directory

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

Faculty



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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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