

June 2018



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### Member Spotlight: Madison Humerick, M.D.

Madison Humerick, M.D., is a family medicine physician at Harpers Ferry Family Medicine and clinical assistant professor of family medicine at the WVU Rural Family Medicine Residency in Harpers Ferry, WV. Dr. Humerick has been a member of the WVPBRN Protocol Review Committee since 2017.

Humerick is a graduate of the West Virginia University School of Medicine and WVU Rural Family Medicine Residency Program in Harpers Ferry, WV. She has a special interest in culinary medicine and is currently finishing her course to become a

certified culinary medicine specialist through The Goldring Center of Culinary Medicine at Tulane University.

Humerick was involved with a WVCTSI funded project assessing a nutrition and wellness curriculum for medical staff at Harpers Ferry Family Medicine. She is also involved in the Food Pantry Nutrition Initiative project, at Jefferson County Community Ministries. This project is being done in collaboration with the local community garden, local chef, and other members of the WVU Center for Diabetes and Metabolic

Health in the Eastern Panhandle. The project strives to assess the current food environment of pantry clients, find barriers to eating healthy food, and implement tools to help improve food choices and increase comfort level with different cooking techniques and recipes.



### MAT Expansion Project Going Strong

West Virginia recently received resources and funding to address the statewide opioid crisis.

Funded through the Substance Abuse and Mental Health Services Administration (SAMHSA) the State Targeted Response to the Opioid Crisis Program in WV will expand the availability of Medication-Assisted Treatment, known as MAT, to the hardest hit areas around the state.

This will be done through the use of the WVU Comprehensive Opioid Addiction Treatment program, otherwise referred to as COAT.

As WVU's largest comprehensive treatment program, COAT has on-campus and statewide patients undergoing programs that combine medication and therapy.

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*The mission of the WVPBRN is to improve the health of West Virginians by collaborating with primary care practices to conduct translational practice-based research.*

## Chronic Pain Self-Management Workshop

West Virginia University, the West Virginia School of Osteopathic Medicine Center for Rural and Community Health, and the Mid-Ohio Valley Health Department are working together on a research study to address the burdens off chronic pain in West Virginia through a new educational program offered in Greenbrier and Wood Counties.

The Chronic Pain Self-Management Program is a free program that covers topics on how to deal with chronic pain including relaxation techniques, dealing with difficult emotions, safe medication practices, and stress management.

The goal of this program is to teach people to manage and cope with their pain and improve their overall health. Participants will attend weekly, two-and-a-half hour classes over the course of six weeks to learn skills, strategies and techniques for managing their pain.

Additional topics covered in the workshop will also include goal setting, communicating with healthcare providers, and incorporating physical activity.

The workshop was derived from

Stanford University's arthritis self-management and chronic disease self-management programs.

In order to qualify for this program, participants must be living with chronic pain, that is not related to cancer, for three months or longer. They must also be willing to commit to the workshop's six-week timeline, and they are required to be at least 18 years of age.

Participants must be willing to start the program immediately or after six months, and they are obligated to return for testing every six months for up to more than a year following the study.

The West Virginia Practice-Based Research Network and WV Project ECHO are supporting the project team with recruitment assistance; however, the project team is still searching for more participants for the study in Greenbrier and Wood Counties.

If interested in helping to recruit participants, please contact Andrew Denny, Project Coordinator, at 304-293-3698 or [adenny1@hsc.wvu.edu](mailto:adenny1@hsc.wvu.edu), or Dina Jones, PT, PhD, at 304-293-1078 or [djones@hsc.wvu.edu](mailto:djones@hsc.wvu.edu).



## MAT Expansion cont.

This program will be expanded through the use of a hub-and-spoke delivery model based on the University of New Mexico's Extension for Community Healthcare Outcomes (ECHO).

The first phase of the project was conducted from May 1, 2017 to April 30, 2018, and the second phase began May 1, 2018 and will continue until April 30, 2019.

During the first phase, the personnel at four new hub sites were trained to use the COAT model to deliver buprenorphine-based MAT.

In the second phase, spoke sites – rural clinics and healthcare providers – will be trained in the COAT model to provide buprenorphine-based MAT in their community by an assigned hub, and the

hub sites will work with a total of 14 spokes. Several of the MAT sites are PBRN sites.

Questions can be directed to Sheena Sayres at (304) 581-1822 or [ssayres@hsc.wvu.edu](mailto:ssayres@hsc.wvu.edu), or Megha Gandhi at (304) 293-0608 or [mgandhi2@hsc.wvu.edu](mailto:mgandhi2@hsc.wvu.edu).

  
**WVU Medicine**  
 Comprehensive Opioid  
 Addiction Treatment (COAT)



*“Rural healthcare providers working in community health clinics are the key to improving the health and healthcare of West Virginia”*

*-Arnie Hassen, PhD*

## WVPBRN CORE Survey 2018

The WVPBRN recently completed the first Collaborative Outreach Research Engagement (CORE) survey among the membership. Similar in design to the nationwide [CERA Survey](#), the CORE Survey is a compilation of survey questions from multiple clinicians and/or investigators relating to a variety of topics pertaining to primary care in West Virginia. Clinicians and/or investigators applied to the WVPBRN to have their survey questions included.

The WVPBRN selected the top 30 questions from submissions most relevant and of interest to the members. These projects aimed to investigate 1) perceptions of current weight management treatment in WV primary care (Treach Haggerty, MD), 2) unintended effects on provider patient relationship by quality based payment models (Bill Lewis, MD),

and 3) screening and treating chronic hepatitis C in primary care in WV (Gordon Smith, PhD; Judith Feinberg, MD).

WVPBRN leadership conducted the CORE survey electronically beginning in April of 2018 and had a total of 43 respondents, representing much of WV.

Clinicians and/or researchers selected for the survey have exclusive access to their portion of the survey results first to allow publishing and proposal development. The Network can access the survey data 120 days after survey completion.

Beginning this year, the CORE survey will be an annual process for WVPBRN research. This process will be opening up again in Fall 2018 as we begin to accept a new set of questions from clinicians and/or researchers. Thank you to everyone who completed the survey this year!



**WVPBRN**

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Practice-Based Research Network

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**West Virginia Practice-Based Research Network**



## Announcements

- The WVU Primary Care Team received the [BRAVO](#) Performance Improvement Team Award for Exemplary Outcome Outpatient 2018 for their marked improvement in diabetic retinopathy screening measures in patients with diabetes. WVU's commitment to diabetic retinopathy screenings were a result of the WVPBRN [IRIS Diabetic Retinopathy](#) project.
- WVPBRN was represented at the North American Primary Care Research Group's PBRN Conference June 25 in Bethesda, MD. Brenda Korte presented a poster presentation on the AdoptPOC project in which several of our members participated.



### Performance Improvement – Outpatient

Craig Campbell  
Erica Batton  
Jessica Belt  
Rachel Burge  
Jennifer Carr  
Ashden Dixon  
Kim Ebbert  
Leonard Bryan Eddy Jr.  
Amber Englehart  
Stephen Fittro  
Dr. Karen Fitzpatrick  
Jennifer Gerdes  
Dr. Ronald Gross  
Eric Hayes  
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