

March
2019



Community Engagement and Outreach

West Virginia Practice-Based Research Network

Community News

WVPBRN 2019 CORE Survey

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We would like to congratulate this year's CORE Survey winners! Eight clinical teams submitted proposals, and the CORE Survey Review Committee scored each submission on five factors: relevance, quality of

submission, alignment with the WVPBRN's priorities, accessibility of requested information, and impact of the project / the team's next steps. The CORE Survey will be rolled out to the Network the week of March 25.



Ahmad Khan, MD, Charleston Area Medical Center

Project team: Suzanne Kemper, MPH; Allison Cipriani, MSIII; Steven Abriola, MSIII; Shawn Chillag, MD; Monica Chowdry, MD



Jennifer Boyd, PA-C, New River Health Association, WVPBRN Co-Director



George Sokos, DO, WVU Medicine Heart and Vascular Institute

Project team: Marco Caccamo, DO; Christopher Bianco, DO

2019 Annual WVPBRN Retreat

The WVPBRN's Annual Retreat is right around the corner! This year's retreat will be held at Stonewall Resort in Roanoke, WV. It will kick off on the evening of Thursday, May 16 with a dinner cruise around the resort. Conference sessions will begin bright and early the following morning, Friday, May 17.

This year's retreat will focus on our Network's top health concerns. When registering, we've asked each member to write their top three health concerns for West Virginia. Those topics have aligned with our oral project presentations and updates, poster presentations, and this year's expert panel focusing on opioid addiction.

A new feature of this year's retreat will be the Design Hub LIVE session. The WVPBRN's newest initiative is the quarterly Design Hub meetings with Dr. Tom Hulsey. Clinicians submit project ideas they've been pondering, and Dr. Hulsey helps turn that idea into an actionable project. The meeting is held via ZOOM for other members of the Network to tune in and observe and learn as well. This quarter's Design Hub meeting will be held live at the Annual Retreat, so attendees will be able to observe in real-time how to take their ideas and turn them into projects!

Registration for the retreat will close on April 1. Hotel rooms are on a first come, first served basis so please register [here](#).

WVPBRN Spotlight: Valley Health Systems

Valley Health Systems (Valley) is one of the WVPBRN's most active health systems. With 12 sites engaged in the Network, Valley routinely participates in projects and has become a trailblazer on their own regard. In 2009, Valley began offering Medication Assisted Treatment (MAT) because they had one physician with a strong passion behind it. Now in 2019, Valley has 11 physicians, five nurse practitioners, and 18 therapy providers all working with MAT. Initially utilizing therapists in the community, the health system wanted to streamline care and fulfill their mission of being integrated, so they began offering therapy services in-house.

"We are very appreciative that we have so many providers who have been willing to help us expand services," said Rachel Merino, administrator of behavioral health operations at Valley.

Valley offers a comprehensive program that includes medication management by a physician or a nurse practitioner, individual and group therapy, case management, and peer coaching. Valley offers MAT at three of their sites: Hurricane, Highlawn, and PROACT. Multiple types of medication are discussed with patients, including buprenorphine (both Suboxone and Subutex) and naltrexone (Vivitrol).

Highlawn and PROACT have a specific emphasis on pregnant and post-partum women, though they serve many different individuals. In fact, Valley currently has 595 patients participating in the program across these three sites.

Valley's MAT program has several phases where the individuals are able to decrease the frequency of their visits based on multiple factors including length of time in the program, adherence to program requirements, and days sober. Each patient is offered a patient advocate; the advocates assist patients with addressing social determinants of health that may impact their recovery. These social determinants include transportation, access to safe housing and other healthcare services, food, employment, and education. Additionally, each patient is screened for infectious diseases and referred for appropriate follow-up care and treatment.

Within the last year, Valley has added a peer recovery coach to specifically work with the pregnant and post-partum population.

"It has been a great success," said Merino.

The peer recovery coach is able to work with our patients outside of the health center and assist them in becoming engaged in the recovery community.

Moving forward, Valley plans to continue to grow the program and offer it at other health centers, particularly those in more rural areas. Their main barrier to expansion, Merino explained, is a limited number of licensed behavioral health providers for the individual and group therapy services. Nevertheless, Valley is continuing to recruit on an ongoing basis. They continue to look for ways to improve their MAT program, including focusing on integration with primary care, dental, and OBGYN departments.

We are proud to have Valley Health Systems as a part of the WVPBRN!

If there is a health system, site, specific person, or a team that you feel deserves to be recognized, please submit nominations to the WVPBRN Water Cooler's WVPBRN Spotlight tab or e-mail your nomination to Angie DeWitt at amdewitt@hsc.wvu.edu.

Member Spotlight: Natalie Moffett, M.D.

Now a resident physician at WVU Rural Family Medicine in Harpers Ferry, Dr. Natalie Moffett was drawn to West Virginia due to West Virginia University's reputation for rural medicine. Originally from San Diego, Moffett did her undergraduate studies at University of California, Los Angeles before coming to the WVU School of Medicine.

"The question I get most frequently is, 'How did you end up in West Virginia?' I was – and still am – very interested in rural medicine, and WVU had one of the best reputations at the time I was applying for medical school," Moffett explained. "I fell in love with West Virginia after my first visit and interview!"

Moffett went on to do her clinical training at the WVU Eastern Division in Martinsburg, and she was then selected for the Rural Scholars program in her third year. The Rural Scholars program guarantees early acceptance to WVU Rural Family Medicine at Harpers Ferry while allowing the participants a chance to focus on more academic pursuits in their fourth year of medical school as opposed to spending time applying to residencies.

"I used the time getting deeper into some qualitative research about rural emergency departments' overuse in the Eastern Panhandle," Moffett said.

West Virginia not only brought Moffett her passion in rural health, she also met her husband here. Former classmates, the two now work side-by-side as residents at Harpers Ferry. They reside in Martinsburg



with their two spoiled cats, Phoebe and Minnie.

Moffett is also a National Health Service Corps – Students to Service program participant. Through this program, she is committed to working three years of service at a Federally Qualified Health Center after residency in exchange for loan forgiveness.

"We will definitely be able to put our training in rural medicine to good use soon!" Moffett said.

In the meantime, Moffett's current research involves looking at clinic flow in our rural family practice to identify areas that could be targeted for improving efficiency. She plans to continue performing clinical practice-based research throughout the rest of her career.

"Dr. Bill Lewis has been instrumental in pulling me back into the world of quantitative research and is entirely responsible for my participation in this Network...I appreciate the mentors I have found in the WVPBRN!" she said, adding, "If [Dr. Lewis] has his way, I am likely going to end up working in academia as well!"

"I appreciate the mentors I have found in the WVPBRN!"
- Natalie Moffett, M.D.

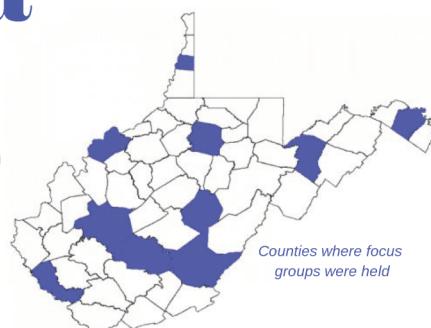
Community Voices

The Community Engagement and Outreach Core of WVCTSI completed an initiative to engage and empower rural communities across West Virginia as partners in research. Led by Dr. Stephenie Kennedy-Rea, this initiative consisted of holding

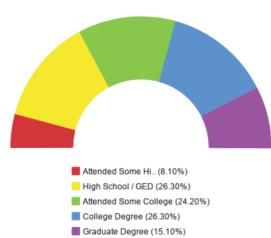
10 focus groups around the state to gather knowledge and perspectives of health and research from rural communities. Below is an illustration of results collected from these 10 focus groups. To learn more, click [here](#).

West Virginia Community Voices

The knowledge and perspectives of rural communities, patients, and health care providers are not well represented in health research. This leads to a gap between the realities of rural communities and research produced. West Virginia is an ideal place to address this gap. The purpose of this study is to engage and empower community members to participate in research both as an adviser and participant. The first step in the study was to conduct 10 focus groups across West Virginia in an effort to better understand community member perceptions about health and research. Here are the results from the focus groups and the next steps for this study.



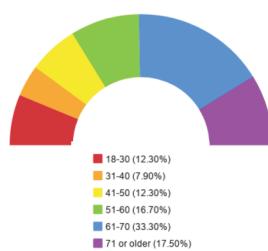
Participant Education Level



Participant Health Insurance Coverage



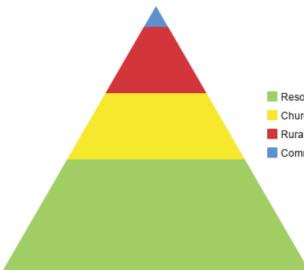
Participant Age



TOP 10 HEALTH RELATED CONCERN

- 1 ADDICTION/OPIOID ABUSE
- 2 TRANSPORTATION
- 3 ENVIRONMENTAL ISSUES
- 4 FOOD ACCESS
- 5 ACCESS TO CARE
- 6 HEALTH RISK FACTORS
- 7 CONCERN FOR YOUTH
- 8 ELDERLY CARE
- 9 INSURANCE ISSUES/COSTS
- 10 UNDERSTANDING HEALTHCARE

Participant Perceptions of Community Assets



TOP BARRIERS TO RESEARCH

- LACK OF TRUST
- FEAR AND ANXIETY
- ACCESS TO PARTICIPATION
- KNOWLEDGE GAPS
- NEED FOR INCENTIVES

Next Steps

These focus groups help us understand the health-related concerns and barriers to research in West Virginia residents. These outcomes will drive the second part of this study which is to develop a curriculum designed to engage community members and patients as research partners.

This curriculum will then be delivered as a training in communities throughout West Virginia.

For additional information, contact Jay Mason @ jdmason@hsc.wvu.edu.

"We want to listen to people across WV so we can develop meaningful relationships with rural communities and engage them as research partners," - Stephenie Kennedy-Rea, EdD

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WVPBRN Photo Request

The WVPBRN would like to celebrate our membership! The work the membership does has an invaluable impact on primary care in West Virginia and our communities.

We want to celebrate **you, your work, your clinics, and your communities!**

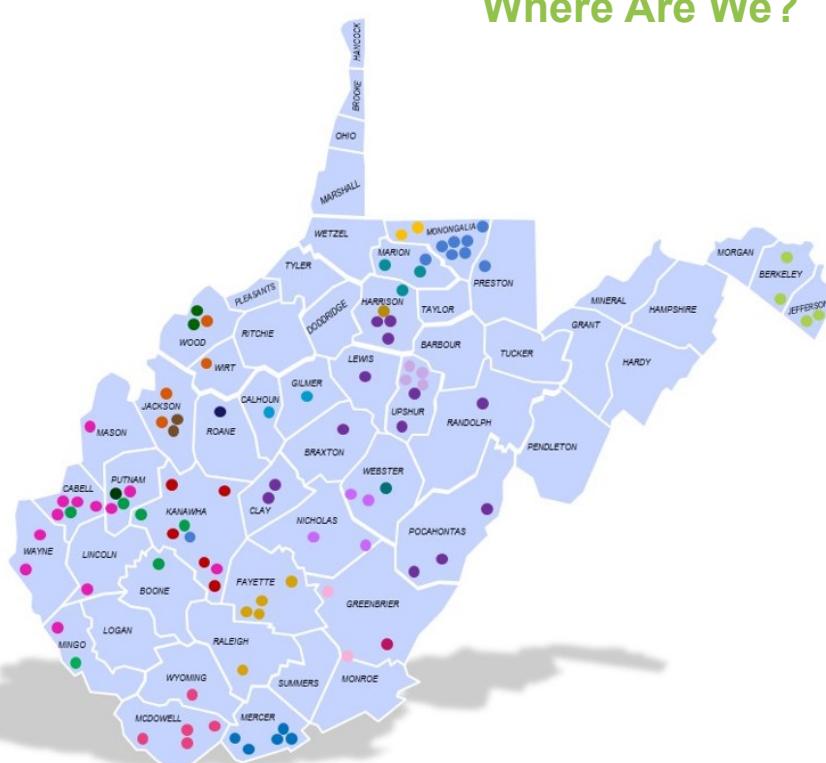
From any site or project team that is interested and willing: we would like to collect photos of our Network sites' staff / project participants. We would like to highlight that the Network isn't a faceless group of health systems; it's a community of the hardworking individuals that take on these projects to better primary care in our beautiful state.

Where the photos will be used: We'd like to start a quarterly feature in our Newsletter if we receive enough photos from the Network; we would like to dedicate a page on the Water Cooler in a yearbook-style fashion to highlight the membership; and if a site is being featured on social media for a particular reason, we would like to have your permission to use them there as well.

We don't need a professional photo, in fact we'd much prefer photos you take yourselves! We currently use photos from the retreat or we use headshots, but we would really love the more informal group shots of our membership! We just want to show off our Network and showcase the WVPBRN community. Please send any photos or questions to Angie DeWitt at amdewitt@hsc.wvu.edu

Announcements

- The North American Primary Care Research Group (NAPCRG) 2019 PBRN Conference will be held June 24-25 in Bethesda, Maryland. The deadline to submit papers is **March 30**. The submission link can be found [here](#). If you have any questions, please let us know! A few members of the WVPBRN will be attending, and we'd love for more of you to join us!



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www.wvctsi.org



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